



# Easy Veggie Gyoza Katsu Curry

with Corn Rice & Pickled Ginger

Grab your Meal Kit with this symbol



Sweetcorn



Garlic Paste



Jasmine Rice



Carrot & Zucchini Mix



Vegetable Gyozas



Ginger Paste



Katsu Paste



Coconut Milk



Pickled Ginger



Vegetable Gyozas

Prep in: 15-25 mins  
Ready in: 30-40 mins

Plant Based

This plant-based stir-fry might sound involved, but thanks to our ready-to-cook veggie gyozas, it comes together with minimal hands-on time. Amp up the Asian-style flavours with zingy ginger and an easy katsu curry sauce.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar



## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan with a lid (or foil)

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweetcorn	1 tin (125g)	1 tin (300g)
<b>plant-based butter*</b>	20g	40g
garlic paste	1 packet	2 packets
<b>water*</b> (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot & zucchini mix	1 medium bag	1 large bag
vegetable gyozas	1 packet	2 packets
<b>water*</b> (for the gyozas)	¼ cup	½ cup
ginger paste	1 medium packet	1 large packet
katsu paste	1 medium packet	2 medium packets
coconut milk	1 packet	2 packets
<b>brown sugar*</b>	1 tsp	2 tsp
pickled ginger	1 packet	2 packets
vegetable gyozas**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3749kJ (896Cal)	645kJ (154Cal)
Protein (g)	18.9g	3.3g
Fat, total (g)	35.1g	6g
- saturated (g)	17.9g	3.1g
Carbohydrate (g)	121.9g	21g
- sugars (g)	17.4g	3g
Sodium (mg)	1359mg	234mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4809kJ (1149Cal)	681kJ (163Cal)
Protein (g)	25.3g	3.6g
Fat, total (g)	42.6g	6g
- saturated (g)	19.1g	2.7g
Carbohydrate (g)	162.1g	22.9g
- sugars (g)	22g	3.1g
Sodium (mg)	1770mg	251mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Cook the corn rice

- Drain **sweetcorn**.
- In a medium saucepan, heat the **plant-based butter** with a dash of **olive oil** over medium heat. Cook **corn** and half the **garlic paste**, until fragrant, **1-2 minutes**.
- Add the **water (for the rice)** and a generous pinch of **salt** and bring to the boil. Add **jasmine rice**. Stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!

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## Cook the gyozas

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, add **vegetable gyozas**, flat-side down, in a single layer. Cook until gyoza base is starting to brown, **1-2 minutes**.
- Add the **water (for the gyozas)** and cover with a lid or foil.
- Cook until water has evaporated and gyoza are tender and softened, **4-5 minutes**. Transfer to a plate.

**TIP:** Watch out, the water may spatter!

**Custom Recipe:** If you've doubled your vegetable gyozas, use a second frying pan or cook in batches. Follow step as above.

2



## Cook the veggies

- When the rice has **15 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **carrot & zucchini mix**, stirring, until tender, **4-5 minutes**.
- Add remaining **garlic paste** and cook until fragrant, **1 minute**.
- Transfer to a bowl, season and cover to keep warm.

4



## Make the sauce and serve

- Return frying pan to medium-high heat with a drizzle of olive oil. Cook **ginger paste** until fragrant, **1 minute**.
- Stir in **katsu paste**, **coconut milk** and the **brown sugar** until slightly thickened, **2-3 minutes**.
- Divide corn rice between bowls. Top with veggies and veggie gyozas. Spoon over katsu curry sauce.
- Garnish with **pickled ginger** (if using) to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)