



# Chinese Spiced Chicken Gyoza & Veggie Soup with Spring Onion

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Green Beans



Spring Onion



Broccoli & Carrot Mix



Char Siu Paste



Ginger Paste



Oyster Sauce



Chicken Gyozas



Chilli Flakes (Optional)



Chicken Gyozas

Prep in: 15-25 mins  
Ready in: 20-30 mins

By the time you are done with this one, we can guarantee that each and every bowl will be licked clean. How could they not be, when we've paired char siu paste veggies with tasty chicken gyozas? Delish!

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

Calorie Smart

### Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine)

## 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

Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
green beans	1 small bag	1 medium bag
spring onion	1 stem	2 stems
broccoli & carrot mix	1 medium bag	1 large bag
char siu paste	1 medium packet	2 medium packets
<b>soy sauce*</b>	1 tbs	2 tbs
ginger paste	1 medium packet	1 large packet
<b>boiling water*</b>	2½ cups	5 cups
oyster sauce	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or rice wine)	1½ tsp	3 tsp
chicken gyozas	1 packet	2 packets
chilli flakes  (optional)	pinch	pinch
chicken gyozas**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1413kJ (338Cal)	477kJ (114Cal)
Protein (g)	14.8g	5g
Fat, total (g)	8.5g	2.9g
- saturated (g)	1.2g	0.4g
Carbohydrate (g)	49.9g	16.9g
- sugars (g)	16g	5.4g
Sodium (mg)	2492mg	842mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2385kJ (570Cal)	573kJ (137Cal)
Protein (g)	26.2g	6.3g
Fat, total (g)	15.4g	3.7g
- saturated (g)	2.3g	0.6g
Carbohydrate (g)	81.2g	19.5g
- sugars (g)	18.6g	4.5g
Sodium (mg)	2983mg	717mg

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.



## Get prepped

- Boil the kettle.
- Trim and roughly chop **green beans**.
- Thinly slice **spring onion**.



## Finish the soup

- Once soup is boiling, add **chicken gyozas** then reduce to a simmer and cook, uncovered, until tender and heated through, **4-5 minutes**. Season to taste.

**Custom Recipe:** If you've doubled your chicken gyozas, cook gyozas in batches, as above.



## Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over high heat.
- Cook **broccoli & carrot mix** and **green beans**, tossing, until tender, **6-7 minutes**.
- Add **char siu paste**, the **soy sauce** and **ginger paste** and cook, stirring, until fragrant, **1 minute**.
- Stir in the **boiling water**, **oyster sauce** and the **vinegar** and bring to the boil.

**TIP:** Add a dash of water to the pan to help speed up the cooking process.



## Serve up

- Divide Chinese chicken gyozas and veggie soup between bowls.
- Top with spring onion and a pinch of **chilli flakes** (if using) to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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