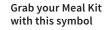


Chinese Spiced Chicken Gyoza & Veggie Soup

with Spring Onion

NEW

CLIMATE SUPERSTAR









Green Beans

Spring Onion



Broccoli & Carrot









Ginger Paste









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,



Calorie Smart

when we've paired char siu paste veggies with tasty chicken gyozas? Delish!

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

9				
	2 People	4 People		
olive oil*	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		
soy sauce*	1 tbs	2 tbs		
ginger paste	1 medium packet	1 large packet		
boiling water*	2½ cups	5 cups		
oyster sauce	1 medium packet	1 large packet		
vinegar* (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 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!



Scan here if you have any questions or concerns

