



Veggie Gyoza & Sweet Chilli Noodle Stir-Fry

with Ginger-Spring Onion Oil

NEW

Grab your Meal Kit with this symbol



Udon Noodles



Vegetable Gyozas



Pea Pods



Zucchini



Carrot



Spring Onion



Kecap Manis



Sweet Chilli Sauce



Sweet Soy Seasoning



Ginger Paste



Mixed Sesame Seeds



Vegetable Gyozas

Recipe Update

We've replaced the green beans in this recipe with pea pods due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 10-20 mins
Ready in: 15-25 mins

Gyozas, check. Noodles, check. Loads and loads of veggies, check. This meal has everything going for it so it's only fair that we share this recipe with you.

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

Plant Based

Pantry items

Olive Oil, Soy Sauce

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 · Large frying pan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
udon noodles	1 packet	2 packets
vegetable gyozas	1 packet	2 packets
water*	¼ cup	½ cup
pea pods	1 small bag	1 medium bag
zucchini	1	2
carrot	1	2
spring onion	1 stem	2 stems
kecap manis	1 packet	2 packets
sweet chilli sauce	1 small packet	1 medium packet
sweet soy seasoning	1 sachet	2 sachets
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
mixed sesame seeds	1 medium sachet	1 large sachet
vegetable gyozas**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3108kJ (743Cal)	574kJ (137Cal)
Protein (g)	22.4g	4.1g
Fat, total (g)	15.5g	2.9g
- saturated (g)	2.6g	0.5g
Carbohydrate (g)	122.5g	22.6g
- sugars (g)	42.3g	7.8g
Sodium (mg)	2638mg	487mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4168kJ (996Cal)	626kJ (150Cal)
Protein (g)	28.8g	4.3g
Fat, total (g)	23g	3.5g
- saturated (g)	3.8g	0.6g
Carbohydrate (g)	162.7g	24.4g
- sugars (g)	46.9g	7g
Sodium (mg)	3048mg	458mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **udon noodles** over medium-high heat until tender, **3-4 minutes**.
- In the **last minute** of cook time, gently stir noodles with a fork to separate.
- Drain, rinse and set aside.

3



Get prepped & make the noodle stir-fry

- While gyozas are cooking, trim and roughly chop **pea pods**. Thinly slice **zucchini** and **carrot** into rounds. Thinly slice **spring onion**.
- In a small bowl, combine **kecap manis**, **sweet chilli sauce**, **sweet soy seasoning** and a splash of water.
- Return frying pan to high heat with a drizzle of **olive oil**. Cook **pea pods**, **zucchini** and **carrot**, tossing, until tender, **4-6 minutes**.
- Add cooked **udon noodles** and **sweet chilli mixture**, tossing until well combined, **1 minute**. Season with **salt** and **pepper**.

2



Cook the gyozas

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

Custom Recipe: If you've doubled your vegetable gyozas, cook in batches for best results.

4



Make the oil & serve up

- While veggies are cooking, to a small heatproof bowl, add **ginger paste**, spring onion, the **soy sauce** and a good drizzle of olive oil. Microwave until heated through, **30 seconds**.
- Divide sweet chilli noodle stir-fry between bowls. Top with veggie gyozas.
- Drizzle over ginger-spring onion oil. Sprinkle over **mixed sesame seeds** to serve. Enjoy!

Rate your recipe

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