



Chicken Gyoza & Curried Udon Noodles

with Baby Spinach

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Carrot



Zucchini



Udon Noodles



Garlic Paste



Chicken Gyozas



Katsu Paste



Coconut Milk



Baby Spinach Leaves



Japanese Style Dressing



Chicken Gyozas

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early

This fusion dish is one for the books! Here you've got crispy chicken gyoza and a creamy udon-laced katsu curry, perfect for the gyozas to soak up. This one is known for major slurping and crunching action!

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

Pantry items

Olive Oil, Soy Sauce, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
udon noodles	1 packet	2 packets
garlic paste	1 medium packet	2 medium packets
chicken gyozas	1 packet	2 packets
water* (for the gyozas)	¼ cup	½ cup
katsu paste	1 medium packet	2 medium packets
coconut milk	1 packet	2 packets
water* (for the sauce)	¼ cup	½ cup
soy sauce*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
baby spinach leaves	1 small packet	1 medium packet
Japanese style dressing	1 packet	2 packets
chicken gyozas**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3022kJ (722Cal)	530kJ (127Cal)
Protein (g)	28.6g	5g
Fat, total (g)	32g	5.6g
- saturated (g)	16.8g	2.9g
Carbohydrate (g)	74.2g	13g
- sugars (g)	15.9g	2.8g
Sodium (mg)	2944mg	516mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3867kJ (924Cal)	556kJ (133Cal)
Protein (g)	41.1g	5.9g
Fat, total (g)	37.3g	5.4g
- saturated (g)	17.8g	2.6g
Carbohydrate (g)	99.3g	14.3g
- sugars (g)	19.1g	2.7g
Sodium (mg)	4341mg	625mg

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



Get prepped

- Boil the kettle.
- Thinly slice **carrot** and **zucchini** into half-moons.



Cook the gyozas

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

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



Cook the udon noodles

- 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.



Make the katsu curry sauce

- Wipe out pan and return to medium-high heat.
- Stir in **katsu paste**, **coconut milk**, the **water (for the sauce)**, the **soy sauce** and **brown sugar** until slightly thickened, **1-2 minutes**.
- Add **cooked veggies** and **udon noodles**, then stir in **baby spinach leaves** until wilted, **1 minute**. Season to taste.



Cook the veggies

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** and **zucchini**, until tender, **4-5 minutes**.
- Add **garlic paste** and cook, until fragrant, **1 minute**. Transfer to a bowl.



Serve up

- Divide curried udon noodles between bowls.
- Top with **chicken gyozas**.
- Drizzle over **Japanese style dressing** to serve. Enjoy!

Rate your recipe

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