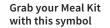


Chicken Gyoza & Curried Udon Noodles with Baby Spinach

TAKEAWAY FAVES











Udon Noodles

Garlic Paste





Katsu Paste

Chicken Gyozas



Coconut Milk



Leaves

Baby Spinach



Japanese Style Dressing





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

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	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)	1⁄4 cup	½ cup		
katsu paste	1 medium packet	2 medium packets		
coconut milk	1 packet	2 packets		
water* (for the sauce)	1⁄4 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		
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^{*}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.





Get prepped

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



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.



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.



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 spatter!) 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.



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.



Serve up

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

We're here to help!