



Chicken Gyoza & Sesame Konjac Noodle Salad

with Garlic-Chilli Oil

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Chicken Gyozas



Long Chilli (Optional)



Konjac Noodles



Garlic Paste



Sesame Dressing



Soy Sauce Mix



Slaw Mix



Baby Spinach Leaves



Chicken Gyozas

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

Carb Smart*
**Custom recipe is not Carb Smart*

Give tasty chicken gyozas some heat with a garlic-chilli oil and you have a flavourful protein for a carb conscious bowl. The konjac noodle salad is so delicious, you won't even miss the usual rice in this dish.

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

Pantry items

Olive Oil, 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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chicken gyozas	1 packet	2 packets
water*	¼ cup	½ cup
long chilli (optional)	½	1
konjac noodles	1 medium packet	2 medium packets
garlic paste	1 medium packet	2 medium packets
sesame dressing	1 medium packet	2 medium packets
soy sauce mix	1 medium packet	2 medium packets
brown sugar*	½ tsp	1 tsp
slaw mix	1 small packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
chicken gyozas**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1642kJ (392Cal)	354kJ (85Cal)
Protein (g)	17g	3.7g
Fat, total (g)	17.7g	3.8g
- saturated (g)	2.3g	0.5g
Carbohydrate (g)	38.6g	8.3g
- sugars (g)	12.3g	2.7g
Sodium (mg)	2338mg	505mg
Dietary Fibre (g)	6.3g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2487kJ (594Cal)	423kJ (101Cal)
Protein (g)	29.5g	5g
Fat, total (g)	22.9g	3.9g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	63.7g	10.8g
- sugars (g)	15.4g	2.6g
Sodium (mg)	3734mg	635mg

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.

1



Cook the gyozas

- Heat a large frying pan over 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** (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**.

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

3



Toss the konjac salad

- In a large bowl, combine **sesame dressing**, **soy sauce mix** and the **brown sugar**.
- Add **konjac noodles**, **slaw mix** and **baby spinach leaves**, tossing to combine. Season to taste.

2



Get prepped

- Meanwhile, finely chop **long chilli** (if using).
- Drain and rinse **konjac noodles**.
- In a small heatproof bowl, combine **chilli**, **garlic paste** and a generous drizzle of **olive oil**. Microwave until fragrant, **10 second** bursts.
- Season with a pinch of **salt** and **pepper**.

4



Serve up

- Divide sesame konjac noodle salad between bowls.
- Top with chicken gyozas. Spoon garlic-**chilli** oil over gyozas to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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