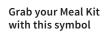


Chicken Gyoza & Sesame Konjac Noodle Salad with Garlic-Chilli Oil

EXPLORER

CLIMATE SUPERSTAR









Chicken Gyozas

Long Chilli (Optional)





Garlic Paste

Konjac Noodles

Sesame Dressing



Soy Sauce



Slaw Mix







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.



Olive Oil, Brown Sugar

Pantry items

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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
chicken gyozas	1 packet	2 packets	
water*	⅓ cup	½ cup	
long chilli ∮ (optional)	1/2	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.



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.



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.



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.



Serve up

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

