



# Pork Gyoza & Garlic Noodle Stir-Fry

with Asian Greens & Crispy Shallots

TAKEAWAY FAVES

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Egg Noodles



Carrot



Asian Greens



Garlic Stir-Fry Sauce



Soy Sauce Mix



Pork & Chive Gyozas



Sesame Dressing



Crispy Shallots



Pork & Chive Gyozas

Prep in: 20-30 mins  
Ready in: 25-35 mins  
Calorie Smart\*



\*Custom recipe is not Calorie Smart

This fusion dish is one for the books! Here you've got crispy pork gyoza and a saucy egg noodle stir-fry which is 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, Vinegar (White Wine or Rice Wine)

## 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
<b>olive oil*</b>	refer to method	refer to method
egg noodles	1 medium packet	2 medium packets
carrot	1	2
Asian greens	1 medium packet	2 medium packets
garlic stir-fry sauce	1 medium packet	2 medium packets
soy sauce mix	1 medium packet	2 medium packets
<b>vinegar*</b> (white wine or rice wine)	½ tsp	1 tsp
pork & chive gyozas	1 packet	2 packets
<b>water*</b>	¼ cup	½ cup
sesame dressing	1 medium packet	2 medium packets
crispy shallots	1 medium sachet	1 large sachet
pork & chive gyozas**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2686kJ (642Cal)	669kJ (160Cal)
Protein (g)	24.9g	6.2g
Fat, total (g)	19.1g	4.8g
- saturated (g)	3.6g	0.9g
Carbohydrate (g)	97.4g	24.3g
- sugars (g)	20g	5g
Sodium (mg)	3312mg	825mg
Dietary Fibre (g)	11.5g	3.2g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3536kJ (845Cal)	672kJ (161Cal)
Protein (g)	39.6g	7.5g
Fat, total (g)	23.3g	4.4g
- saturated (g)	4.3g	0.8g
Carbohydrate (g)	122.5g	23.3g
- sugars (g)	23.1g	4.4g
Sodium (mg)	4707mg	894mg
Dietary Fibre	13.7g	2.8g

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](https://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 egg noodles & get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**. Drain, rinse and set aside.
- Meanwhile, thinly slice **carrot** into half-moons.
- Roughly chop **Asian greens**.
- In a small bowl, combine **garlic stir-fry sauce**, **soy sauce mix** and the **vinegar**.

3



## Cook the veggies & bring it all together

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot**, stirring, until tender, **4-5 minutes**.
- Add **cooked egg noodles**, **Asian greens** and **sauce mixture**, tossing until wilted and combined, **1 minute**.

2



## Cook the gyozas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, add **pork & chive 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**. Transfer to a plate and cover to keep warm.

**Custom Recipe:** If you've doubled your pork & chive gyozas, cook gyozas in batches for the best results.

4



## Serve up

- Divide garlic noodle stir-fry between bowls. Top with pork gyozas.
- Drizzle over **sesame dressing** and sprinkle over **crispy shallots** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)