



# Easy Chicken Gyoza & Konjac Noodle Salad

with Sesame Dressing & Garlic-Sriracha Sauce

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Chicken Gyozas



Konjac Noodles



Pea Pods



Sriracha



Garlic Paste



Sesame Dressing



Soy Sauce Mix



Slaw Mix



Mixed Salad Leaves



Chicken Gyozas

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

Calorie Reduced\*

\*Custom recipe is not Calorie Reduced

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 flavourful, 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 with a lid (or foil)

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
chicken gyozas	1 packet	2 packets
<b>water*</b>	¼ cup	½ cup
konjac noodles	1 medium packet	2 medium packets
pea pods	1 small packet	1 medium packet
sriracha	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
<b>brown sugar*</b>	½ tsp	1 tsp
slaw mix	1 small packet	1 large packet
mixed salad 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)	7.2g	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
Dietary Fibre	9.2g	1.6g

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.

1



## Cook the gyoza

- 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**, **pea pods**, **slaw mix** and **mixed salad leaves**, tossing to combine. Season to taste.

2



## Get prepped

- While the gyozas are cooking drain and rinse **konjac noodles**.
- Trim and roughly chop **pea pods**.
- **SPICY!** Use less **sriracha** if you're sensitive to heat! In a small heat-proof bowl, combine **sriracha**, **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 konjac noodle salad between bowls.
- Top with chicken gyozas.
- Spoon garlic-sriracha sauce over gyozas to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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