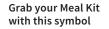


Easy Chicken Gyoza & Konjac Noodle Salad with Sesame Dressing & Garlic-Sriracha Sauce

CLIMATE SUPERSTAR









Chicken Gyozas





Pea Pods



Garlic Paste









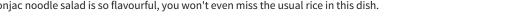
Mixed Salad Leaves



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.





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

| 9 | | |
|-----------------------|-----------------|------------------|
| | 2 People | 4 People |
| olive oil* | refer to method | refer to method |
| chicken gyozas | 1 packet | 2 packets |
| water* | 1/4 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 |
| brown sugar* | 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



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.



Serve up

- Divide konjac noodle salad between bowls.
- Top with chicken gyozas.
- Spoon garlic-sriracha sauce over gyozas to serve. Enjoy!



Scan here if you have any questions or concerns

