

Pork Gyoza & Teriyaki Noodle Stir-Fry

with Green Beans & Sriracha

NEW

Grab your meal kit
with this number

29



Egg Noodles



Pork & Chive
Gyozas



Carrot



Teriyaki Sauce



Soy Sauce
Mix



Trimmed Green
Beans



Garlic Paste



Baby Spinach
Leaves



Sriracha



Pork & Chive
Gyozas



Pork
Mince

Prep in: **5-15** mins
Ready in: **20-30** mins

 Calorie Smart

Dig into this delightful combo of colour and flavour for some major slurping and crunching action! Crispy pork & chive gyozas are paired with a saucy egg noodle stir-fry packed with veggies for an unforgettable and speedy meal.

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
egg noodles	1 packet	2 packets
pork & chive gyozas	1 packet	2 packets
water* (for the gyozas)	¼ cup	½ cup
carrot	1	2
teriyaki sauce	1 packet	2 packets
soy sauce mix	1 packet	2 packets
water* (for the sauce)	¼ cup	½ cup
trimmed green beans	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
baby spinach leaves	1 small packet	1 medium packet
sriracha	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2564kJ (613Cal)	625kJ (149Cal)
Protein (g)	25.5g	6.2g
Fat, total (g)	12.1g	3g
- saturated (g)	1.8g	0.4g
Carbohydrate (g)	98.7g	24.1g
- sugars (g)	21.8g	5.3g
Sodium (mg)	3511mg	856mg
Dietary Fibre (g)	12.7g	3.1g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



Cook the egg noodles

- 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.



Cook the veggies and bring it all together

- While gyozas are cooking, thinly slice **carrot** into sticks.
- In a small bowl, combine **teriyaki sauce**, **soy sauce mix** and the **water (for the sauce)**.
- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **trimmed green beans**, tossing, until tender, **3-4 minutes**. Add **garlic paste** and cook until fragrant, **1 minute**.
- Add cooked **egg noodles**, **teriyaki mixture** and **baby spinach leaves**, tossing to combine, **1 minute**. Season to taste.

CUSTOM OPTIONS

+ **DOUBLE PORK & CHIVE GYOZAS**
Follow method above, cooking in batches if necessary.

+ **ADD PORK MINCE**
Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.



Cook the pork gyozas

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- When the 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 (for the gyozas)** - 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 bowl and cover to keep warm.



Serve up

- Divide teriyaki noodle stir-fry between bowls.
- Top with pork gyozas.
- **SPICY!** Use less sriracha if you're sensitive to heat! Drizzle over **sriracha** to serve. Enjoy!