



Veggie Gyoza & Sriracha Noodle Stir-Fry

with Ginger-Spring Onion Oil

Grab your meal kit with this number

10



Udon Noodles



Pea Pods



Zucchini



Carrot



Spring Onion



Kecap Manis



Sriracha



Sweet Soy Seasoning



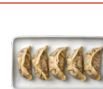
Vegetable Gyozas



Ginger Paste



Mixed Sesame Seeds



Vegetable Gyoza



Pumpkin Peeled & Chopped

Prep in: 10-20 mins
Ready in: 15-25 mins

Plant Based

Gyozas, check. Noodles, check. Loads and loads of veggies, check. This meal has everything going for it so it's only fair that we share this recipe with you.

Pantry items

Olive Oil, Soy Sauce

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 lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
udon noodles	1 packet	2 packets
pea pods	1 small packet	2 small packets OR 1 medium packet
zucchini	1	2
carrot	1	2
spring onion	1 stem	2 stems
kecap manis	1 packet	2 packets
sriracha	1 packet	2 packets
sweet soy seasoning	1 sachet	2 sachets
vegetable gyozas	1 packet	2 packets
water*	¼ cup	½ cup
ginger paste	1 medium packet	1 large packet
soy sauce*	1 tsp	2 tsp
mixed sesame seeds	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2957kJ (707Cal)	546kJ (130Cal)
Protein (g)	22.8g	4.2g
Fat, total (g)	15.5g	2.9g
- saturated (g)	2.5g	0.5g
Carbohydrate (g)	113.9g	21g
- sugars (g)	34.3g	6.3g
Sodium (mg)	2436mg	450mg
Dietary Fibre (g)	16g	3g

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 | CW32



Cook the noodles & get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **udon noodles** over medium-high heat until tender, **3-4 minutes**.
- In the **last minute** of cook time, gently stir **noodles** with a fork to separate. Drain, rinse and set aside.
- Meanwhile, trim and roughly chop **pea pods**. Thinly slice **zucchini** and **carrot** into rounds. Thinly slice **spring onion**.
- **SPICY!** Use less **sriracha** if you're sensitive to heat! In a small bowl, combine **kecap manis**, **sriracha**, **sweet soy seasoning** and a splash of **water**.



Cook the veggie noodle stir-fry

- Return frying pan to high heat with a drizzle of **olive oil**. Cook **zucchini** and **carrot**, tossing, until tender, **4-6 minutes**. In the last **2-3 minutes** of cook time, add **pea pods** and cook, tossing, until tender.
- While veggies are cooking, add **ginger paste**, **spring onion**, the **soy sauce** and a good drizzle of **olive oil** to a small heatproof bowl. Microwave until heated through, **30 seconds**.
- Add cooked **udon noodles** and **sriracha mixture** to pan with veggies, tossing until well combined, **1 minute**. Season with **salt** and **pepper**.

CUSTOM OPTIONS



DOUBLE VEGETABLE GYOZA

Follow method above, cooking in batches if necessary.



ADD PUMPKIN PEELED & CHOPPED

Preheat oven to 220°C/200°C fan-forced. Toss with olive oil and salt on a lined oven tray. Roast until tender, 20-25 minutes.

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



Cook the gyozas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, add **vegetable gyoza**, 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 a lid (or foil).
- Cook until the water has evaporated and gyoza are tender and softened, **4-5 minutes**. Transfer to a plate.



Serve up

- Divide **sriracha noodle stir-fry** between bowls.
- Top with **veggie gyozas**.
- Drizzle over **ginger-spring onion oil** and sprinkle over **mixed sesame seeds** to serve. Enjoy!