

Chicken Gyoza & Char Siu Noodle Soup

with Veggies & Sesame Seeds

Grab your meal kit with this number

29



Carrot



Garlic Paste



Char Siu Paste



Chicken Stock Pot



Egg Noodles



Trimmed Green Beans



Chicken Gyozas



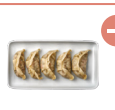
Baby Spinach Leaves



Mixed Sesame Seeds



Peeled Prawns



Chicken Gyozas

Prep in: 15-25 mins
Ready in: 20-30 mins

Our juicy chicken gyozas teamed with tender veggies and 'al dente' egg noodles simmering in a tangy soup make for a dinner show-stopper! Don't forget to add the finishing touch of sesame seeds for a refreshing crunch.

Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine)

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

Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
garlic paste	1 packet	2 packets
boiling water*	3½ cups	7 cups
char siu paste	1 medium packet	2 medium packets
chicken stock pot	1 packet	2 packets
soy sauce*	1 tbs	2 tbs
vinegar* (white wine or rice wine)	½ tsp	1 tsp
egg noodles	1 packet	2 packets
trimmed green beans	1 medium packet	1 large packet
chicken gyozas	1 packet	2 packets
baby spinach leaves	1 small packet	1 medium packet
mixed sesame seeds	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2746kJ (656cal)	340kJ (81cal)
Protein (g)	24g	3g
Fat, total (g)	16.4g	2g
- saturated (g)	2.4g	0.3g
Carbohydrate (g)	101.4g	12.5g
- sugars (g)	25.5g	3.2g
Sodium (mg)	3363mg	416.2mg
Dietary Fibre (g)	13.8g	1.7g

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



Get prepped

- Boil the kettle.
- Slice **carrot** into thin rounds.



Finish the soup

- Stir in the **boiling water** (3½ cups for 2 people / 7 cups for 4 people), **char siu paste**, **chicken stock pot**, the **soy sauce** and **vinegar**. Bring to the boil.
- Add **egg noodles**, **trimmed green beans** and **chicken gyozas**. Reduce to a simmer, then cover with a lid. Cook until noodles are tender and gyozas are cooked, **4-5 minutes**.
- In the **last minute**, gently stir **noodles** with a fork to separate. Remove from heat and stir in **baby spinach leaves** until combined. Season to taste with **salt** and **pepper**.

CUSTOM OPTIONS



SWAP TO PEELED PRAWNS

Bring soup to a simmer, add prawns and cook until pink and starting to curl up, 3-4 minutes.



DOUBLE CHICKEN GYOZAS

Follow method above, cooking in batches if necessary.



Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, tossing, until almost tender, **2-3 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**.



Serve up

- Divide chicken gyoza and char siu noodle soup between bowls.
- Top with **mixed sesame seeds** to serve. Enjoy!

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

