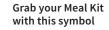


# Chicken Gyoza Katsu Curry Noodles

with Veggies

TAKEAWAY FAVES













Egg Noodles

Garlic





Katsu Paste

Chicken Gyoza





**Baby Spinach** 

Leaves

Coconut Milk



Japanese Dressing





Prawn & Chive Wonton

Recipe Update

Unfortunately, this week's udon noodles were in short supply, so we've replaced them with egg noodles. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me Early



This fusion dish is one for the books! Here you've got crispy chicken gyoza and a creamy udon-laced katsu curry, perfect for the gyozas to soak up. This one is known for major slurping and crunching action!



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

**Pantry items** 

Olive Oil, Soy Sauce, Brown Sugar

Ζ

## 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

Medium saucepan · Large frying pan

## Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
zucchini	1	2	
garlic	2 cloves	4 cloves	
egg noodles	1 packet	2 packets	
chicken gyoza	1 packet	2 packets	
water* (for the gyoza)	1/4 cup	½ cup	
katsu paste	1 medium packet	2 medium packets	
coconut milk	1 medium packet	2 medium packets	
water* (for the sauce)	1⁄4 cup	½ cup	
soy sauce*	1 tbs	2 tbs	
brown sugar*	½ tbs	1 tbs	
baby spinach leaves	1 small bag	1 medium bag	
Japanese dressing	1 packet	2 packets	
prawn & chive wonton**	1 packet	2 packets	

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2560kJ (612Cal)	425kJ (102Cal)
Protein (g)	28.9g	4.8g
Fat, total (g)	31.2g	5.2g
- saturated (g)	16.8g	2.8g
Carbohydrate (g)	76.4g	12.7g
- sugars (g)	17.9g	3g
Sodium (mg)	2905mg	482mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3162kJ (756Cal)	529kJ (126Cal)
Protein (g)	27.8g	4.7g
Fat, total (g)	32.8g	5.5g
- saturated (g)	16.8g	2.8g
Carbohydrate (g)	82.6g	13.8g
- sugars (g)	17.4g	2.9g
Sodium (mg)	2000mg	335mg

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.
- Thinly slice **carrot** and **zucchini** into half-moons. Finely chop **garlic**.



## Cook the egg noodles

- Half-fill a medium saucepan with boiling water.
- Cook egg 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.



## Cook the veggies

- Meanwhile, in a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Cook carrot and zucchini, tossing, until tender,
  4-5 minutes.
- Add garlic and cook until fragrant, 1 minute.
  Transfer to a bowl.



## Cook the guoza

- Return frying pan to medium-high heat with a drizzle of olive oil.
- When the oil is hot, add **chicken gyoza**, flat-side down, in a single layer.
- Cook until starting to brown, 1-2 minutes. Add the water (for the gyoza), watch out, it may spatter! Cover with foil or a lid.
- Cook until the water has evaporated and gyozas are tender and softened, 4-5 minutes. Transfer to a plate and cover to keep warm.

**Custom Recipe:** If you've swapped to prawn & chive wontons, cook as above.



## Make it saucy

- Wipe out pan and return to medium-high heat.
- Stir in katsu paste, coconut milk, the water (for the sauce), the soy sauce and the brown sugar until slightly thickened,
   1-2 minutes.
- Add cooked veggies and egg noodles, then stir in baby spinach leaves until wilted,
   1 minute. Season to taste.



## Serve up

- Divide katsu curry noodles between bowls.
- · Top with chicken gyoza.
- Drizzle over Japanese dressing to serve. Enjoy!

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate