

Chicken Gyoza Katsu Curry Noodles

with Veggies

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Carrot



Zucchini



Garlic



Egg Noodles



Chicken Gyoza



Katsu Paste



Coconut Milk



Baby Spinach Leaves



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

Calorie Smart

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

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

	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)	¼ cup	½ cup
katsu paste	1 medium packet	2 medium packets
coconut milk	1 medium packet	2 medium packets
water* (for the sauce)	¼ 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

*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 gyoza

- 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.



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.



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.



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.



Serve up

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

Rate your recipe

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