



# Quick Asian-Style Veggie Gyoza Soup with Coriander

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Green Beans



Tomato



Garlic



Makrut Lime Leaves



Southeast Asian Spice Blend



Coconut Milk



Coriander



Vegetable Gyoza



Vegetable Gyoza

Prep in: 20-30 mins  
Ready in: 25-35 mins



Calorie Smart\*  
*\*Custom recipe is not  
Calorie Smart*



Plant Based

This moreish soup will be on the table faster than if you'd ordered the takeaway equivalent. Turn it into a meal by topping with our hearty, quick-cooking veggie gyoza, and don't forget the coriander garnish for a fresh burst of flavour.

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

### Pantry items

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

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Large saucepan · Large frying pan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
green beans	1 small bag	1 medium bag
tomato	1	2
garlic	3 cloves	6 cloves
makrut lime leaves	2 leaves	4 leaves
Southeast Asian spice blend	1 large sachet	2 large sachets
coconut milk	1 medium tin	2 medium tins
<b>soy sauce*</b>	1 tbs	2 tbs
<b>vinegar*</b> (rice wine or white wine)	½ tbs	1 tbs
<b>brown sugar*</b>	½ tbs	1 tbs
<b>water*</b> (for the soup)	1 cup	2 cups
vegetable gyoza	1 packet	2 packets
<b>water*</b> (for the gyoza)	¼ cup	½ cup
coriander	1 bag	1 bag
vegetable gyoza**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1690kJ (403Cal)	383kJ (91Cal)
Protein (g)	11.7g	2.6g
Fat, total (g)	23.9g	5.4g
- saturated (g)	15.7g	3.6g
Carbohydrate (g)	63g	14.3g
- sugars (g)	21g	4.8g
Sodium (mg)	1667mg	377mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2750kJ (657Cal)	485kJ (115Cal)
Protein (g)	18.2g	3.2g
Fat, total (g)	31.4g	5.5g
- saturated (g)	16.9g	3g
Carbohydrate (g)	103.2g	18.2g
- sugars (g)	25.6g	4.5g
Sodium (mg)	2078mg	367mg

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](https://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

- Thinly slice **carrot** into half-moons. Trim **green beans** and slice into thirds. Roughly chop **tomato**. Finely chop **garlic**.
- Remove centre veins from **makrut lime leaves**, then very finely chop.

**TIP:** The makrut lime leaves are fibrous so you want to cut them into small pieces!



## Cook the gyoza

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- When the oil is hot, add **vegetable gyoza**, flat-side down, in a single layer. Cook until starting to brown, **1-2 minutes**.
- Add the **water (for the gyoza)** and cover tightly with foil or a lid. Cook until water is evaporated and gyoza are tender, **4-5 minutes**.

**TIP:** Watch out, the water for the gyoza may splatter!

**Custom Recipe:** If you've doubled your gyoza, cook the gyoza in batches for the best results.



## Make the soup

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** and **green beans**, tossing, until tender, **4-5 minutes**.
- Add **makrut lime leaves**, **garlic**, **Southeast Asian spice blend** and **tomato** and cook until fragrant, **1 minute**.
- Stir in **coconut milk**, the **soy sauce**, the **vinegar**, the **brown sugar** and the **water (for the soup)**. Bring to the boil, then reduce heat to medium and simmer until slightly thickened, **3-4 minutes**.



## Serve up

- Divide creamy Asian-style soup between bowls. Top with gyozas on the side.
- Tear over **coriander leaves** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)