

# Quick Asian-Style Veggie Gyoza Soup with Coriander

CLIMATE SUPERSTAR









Green Beans







Makrut Lime



Southeast Asian

Leaves





Coconut Milk





Vegetable Gyoza



Coriander

Vegetable Gyoza



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

**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

# Ingradients

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	2 People	4 People		
olive oil*	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		
soy sauce*	1 tbs	2 tbs		
vinegar* (rice wine or white wine)	½ tbs	1 tbs		
brown sugar*	½ tbs	1 tbs		
water* (for the soup)	1 cup	2 cups		
vegetable gyoza	1 packet	2 packets		
water* (for the gyoza)	1/4 cup	½ cup		
coriander	1 bag	1 bag		
vegetable gyoza**	1 packet	2 packets		
* Doubles Home ** Custom Posine Ingradient				

\*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		

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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.

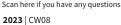
### Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo 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!

