



Veggie Gyoza & Katsu Curry Sauce

with Corn Rice & Pickled Ginger

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Sweetcorn



Jasmine Rice



Carrot



Green Beans



Vegetable Gyoza



Ginger Paste



Katsu Paste



Coconut Milk



Pickled Ginger



Vegetable Gyoza

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

Plant Based

This plant-based stir-fry might sound involved, but thanks to our ready-to-cook veggie gyoza, it comes together with minimal hands-on time. Amp up the Asian-style flavours with zingy ginger and a sesame-infused Japanese dressing.

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

Pantry items

Olive Oil, Plant-Based Butter, 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 with a lid · Large frying pan with a lid (or foil)

Ingredients

| | 2 People | 4 People |
|-------------------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| garlic | 3 cloves | 6 cloves |
| sweetcorn | 1 tin (125g) | 1 tin (300g) |
| plant-based butter* | 20g | 40g |
| water* (for the rice) | 1¼ cups | 2½ cups |
| jasmine rice | 1 medium packet | 1 large packet |
| carrot | 1 | 2 |
| green beans | 1 small bag | 1 medium bag |
| vegetable gyoza | 1 packet | 2 packets |
| water* (for the gyoza) | ¼ cup | ½ cup |
| ginger paste | 1 medium packet | 1 large packet |
| katsu paste | 1 medium packet | 2 medium packets |
| coconut milk | 1 medium tin | 2 medium tins |
| brown sugar* | 1 tsp | 2 tsp |
| pickled ginger | 1 packet | 2 packets |
| vegetable gyoza** | 1 packet | 2 packets |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3221kJ (770Cal) | 598kJ (143Cal) |
| Protein (g) | 17.9g | 3.3g |
| Fat, total (g) | 34.2g | 6.4g |
| - saturated (g) | 17.9g | 3.3g |
| Carbohydrate (g) | 122.1g | 22.7g |
| - sugars (g) | 18.1g | 3.4g |
| Sodium (mg) | 1301mg | 242mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4281kJ (1023Cal) | 645kJ (154Cal) |
| Protein (g) | 24.3g | 3.7g |
| Fat, total (g) | 41.7g | 6.3g |
| - saturated (g) | 19g | 2.9g |
| Carbohydrate (g) | 162.4g | 24.5g |
| - sugars (g) | 22.8g | 3.4g |
| Sodium (mg) | 1711mg | 258mg |

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



Cook the rice

- Finely chop **garlic**. Drain **sweetcorn**.
- In a medium saucepan, heat **plant-based butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add the **water (for the rice)** and a generous pinch of **salt** and bring to the boil. Add **jasmine rice**. Stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat. Keep covered until rice is tender and water is absorbed, **10-15 minutes**.
- When the rice is ready, stir through **sweetcorn**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Cook the gyoza

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

TIP: Watch out! The water may spatter.

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



Get prepped

- Meanwhile, thinly slice **carrot** into half-moons.
- Trim and halve **green beans**.



Make the curry sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **ginger paste** until fragrant, **1 minute**.
- Stir in **katsu paste**, **coconut milk** and the **brown sugar** until slightly thickened, **2-3 minutes**.
- Remove pan from heat.



Cook the veggies

- When the rice has **15 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **carrot** and **green beans**, stirring, until tender, **4-5 minutes**.
- Add remaining **garlic** and cook until fragrant, **1 minute**.
- Transfer to a bowl. Season with **salt** and **pepper** and cover to keep warm.



Serve up

- Divide corn rice between bowls. Top with veggies and veggie gyoza.
- Spoon over katsu curry sauce.
- Garnish with **pickled ginger** to serve. Enjoy!

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