



# Veggie Gyoza & Vermicelli Bowl

with Ginger Veggies, Pickled Cucumber & Peanuts

Grab your Meal Kit with this symbol



Cucumber



Green Beans



Carrot



Vermicelli Noodles



Sweet Chilli Sauce



Crushed Peanuts



Ginger Paste



Vegetable Gyoza



Plant-Based Asian Mushroom Sauce



Plant-Based Mayonnaise

Prep in: **25-35** mins  
Ready in: **30-40** mins

Plant Based

Brimming with Asian-inspired flavours, this hearty plant-based bowl delivers something different with every bite. We love that the gyoza are ready-to-cook; simply throw them in the pan until they get lovely and golden before serving over the zingy veggies and silky noodles. Bring it all together with a sprinkle of peanuts for extra crunch, plus a drizzle of soy-spiked mayo for creaminess.

### Pantry items

Olive Oil, Rice Wine Vinegar, Soy Sauce



## 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 frying pan with a lid or foil

## Ingredients

	2 People	4 People
<b>olive oil</b>	refer to method	refer to method
cucumber	1	2
<b>rice wine vinegar*</b> (for the cucumber)	¼ cup	½ cup
green beans	1 small bag	1 medium bag
carrot	1	2
vermicelli noodles	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
vegetable gyoza	1 packet	2 packets
<b>water*</b>	¼ cup	½ cup
plant-based Asian mushroom sauce	1 medium packet	1 large packet
<b>soy sauce*</b> (for the sauce)	1 tbs	2 tbs
sweet chilli sauce	1 medium packet	1 large packet
<b>rice wine vinegar*</b> (for the sauce)	1 tsp	2 tsp
plant-based mayonnaise	1 medium packet	1 large packet
<b>soy sauce*</b> (for the mayo)	1 tsp	2 tsp
crushed peanuts	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3357kJ (802Cal)	637kJ (152Cal)
Protein (g)	15.3g	2.9g
Fat, total (g)	31.2g	5.9g
- saturated (g)	3.5g	0.7g
Carbohydrate (g)	113.7g	21.6g
- sugars (g)	73g	13.9g
Sodium (mg)	2211mg	420mg

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!

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2022 | CW30



### Pickle the cucumber

- Thinly slice **cucumber** into half-moons.
- In a medium bowl, combine the **rice wine vinegar (for the cucumber)** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to **pickling liquid**. Add enough **water** to just cover cucumber.

**TIP:** Slicing the cucumber very thinly helps it pickle faster!



### Cook the gyoza & prep the sauce

- 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 starting to brown, **1-2 minutes**.
- Add the **water** (watch out, it may spatter!), then cover tightly with a lid or foil. Cook until tender and the water has evaporated, **4-5 minutes**.
- Meanwhile, combine **plant-based Asian mushroom sauce**, the **soy sauce (for the sauce)**, **sweet chilli sauce**, the **rice wine vinegar (for the sauce)** and a splash of **water** in a small bowl. Set aside.
- Transfer cooked **gyoza** to a bowl.



### Prep the veg & cook the noodles

- Boil the kettle.
- Trim and roughly chop **green beans**. Thinly slice **carrot** into half-moons. Set aside.
- Place **vermicelli noodles** in a medium heatproof bowl. Add enough boiled **water** to cover **noodles**. Cover, then set aside until tender, **3-4 minutes**.
- Drain cooked **noodles**, then set aside.



### Bring it all together

- Return frying pan to medium heat with a drizzle of **olive oil**. Cook **sauce mixture**, stirring, until slightly thickened, **1-2 minutes**.
- Remove pan from heat, then return cooked **veggies** and **noodles** to the pan. Toss to combine. Season with **salt** and **pepper** to taste.
- In a second small bowl, combine **plant-based mayonnaise**, the **soy sauce (for the mayo)** and a dash of the cucumber **pickling liquid**.



### Cook the ginger veggies

- While the noodles are cooking, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **green beans** and **carrot**, tossing, until tender, **4-5 minutes**.
- Add **ginger paste** and cook until fragrant, **1-2 minutes**.
- Transfer **veggies** to a bowl and cover to keep warm.



### Serve up

- Drain pickled cucumber.
- Divide vermicelli and ginger veggies between bowls. Top with veggie gyoza and some pickled cucumber.
- Sprinkle with **crushed peanuts**. Drizzle with soy mayo to serve. Enjoy!

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