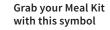


Veggie Gyoza & Vermicelli Bowl with Ginger Veggies, Pickled Cucumber & Peanuts









Green Beans



Carrot

Vermicelli Noodles





Crushed Peanuts





Ginger Paste

Vegetable Gyoza



Plant-Based Asian Mushroom Sauce



Plant-Based Mayonnaise

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



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

ingredients			
	2 People	4 People	
olive oil	refer to method	refer to method	
cucumber	1	2	
rice wine vinegar* (for the cucumber)	1⁄4 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	
water*	1/4 cup	½ cup	
plant-based Asian mushroom sauce	1 medium packet	1 large packet	
soy sauce* (for the sauce)	1 tbs	2 tbs	
sweet chilli sauce	1 medium packet	1 large packet	
rice wine vinegar* (for the sauce)	1 tsp	2 tsp	
plant-based mayonnaise	1 medium packet	1 large packet	
soy sauce* (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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.







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!



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.



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.



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.



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.



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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