



Sweet Chilli Glazed Veggie Gyozas

with Hoisin Spring Greens Udon Stir-Fry

21

Classic 25-30 Minutes • Mild Spice • 1 of your 5 a day • Veggie



Green Beans



Garlic Clove



Ginger Puree



Sliced Spring Greens



Hoisin Sauce



Soy Sauce



Sweet Chilli Sauce



Vegetable Gyoza



Udon Noodles



Roasted White Sesame Seeds

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Garlic press, frying pan, lid, and bowl.

Ingredients

Ingredients	2P	3P	4P
Green Beans**	80g	150g	150g
Garlic Clove**	2	3	4
Ginger Puree	15g	30g	30g
Sliced Spring Greens**	150g	200g	300g
Hoisin Sauce 11)	32g	64g	64g
Soy Sauce 11) 13)	25ml	30ml	50ml
Sweet Chilli Sauce	48g	64g	96g
Vegetable Gyoza** 11) 13) 14)	1 pack	1½ packs	2 packs
Udon Noodles 13)	220g	330g	440g
Roasted White Sesame Seeds 3)	5g	7g	10g

Pantry	2P	3P	4P
Water for the Greens*	1 tbsp	1½ tbsp	2 tbsp
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	455g	100g
Energy (kJ/kcal)	2089 /499	459 /110
Fat (g)	9.5	2.1
Sat. Fat (g)	1.2	0.3
Carbohydrate (g)	81.0	17.8
Sugars (g)	26.3	5.8
Protein (g)	19.5	4.3
Salt (g)	5.61	1.23

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **11)** Soya **13)** Cereals containing gluten
14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Get Prepped

Trim the **green beans**, then cut into thirds.
Peel and grate the **garlic** (or use a garlic press).



Start your Stir-Fry

Heat a drizzle of **oil** in a frying pan on medium-high heat.

Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.

Reduce the heat to medium, then add the **garlic** and **ginger puree** and stir-fry, 30 secs.

Add the **spring greens** along with the **water for the greens** (see pantry for amount), cover with a tight-fitting lid and cook until wilted, 4-5 mins. Season with **salt** and **pepper**.



Gyoza Time

Heat a drizzle of **oil** in another large frying pan on medium-high heat.

Once hot, gently add the **gyozas** and fry until golden on the bottom, 2-3 mins.

Reduce the heat to medium-low, add a **tbsp** of **water** to the pan and immediately cover with a lid or some foil. Cook until piping hot, 3-4 mins.

Remove the pan from the heat, remove the lid and drizzle over the remaining **sweet chilli sauce**. Turn to coat the **gyozas** in the **sauce**.



Bring on the Udon

Pop the pan of **veg** back on medium high heat.

Add the **udon noodles** and **sauce** to the pan. Toss to coat and simmer until piping hot, 1-2 mins.



Mix the Sauce

Meanwhile, in a small bowl, combine the **hoisin sauce**, **soy sauce**, **water for the sauce** and **ketchup** (see pantry for both amounts) along with **two thirds** of the **sweet chilli sauce**.

Set the **sauce** aside for later.

Once the **veg** has softened, remove the pan from the heat and set aside for later.



Serve Up

Share your **udon stir-fry** between your bowls.

Top with the **sweet chilli gyozas** and sprinkle over the **sesame seeds** to finish.

Enjoy!