



Chicken Gyoza Udon Laksa

with Pak Choi and Carrot

Quick 20-25 Minutes • **Medium Spice** • 1 of your 5 a day

49



Garlic Clove



Carrot



Pak Choi



Lime



Red Thai Style Paste



Thai Style Spice Blend



Coconut Milk



Soy Sauce



Chicken Gyoza



Udon Noodles



Fragrant and spicy, laksa is a noodle soup known for its rich coconut milk broth. This vibrant soup contains thick udon noodles with toppings including chicken gyoza and veg, making it a fresh and flavourful meal.

Pantry Items

Oil, Salt, Pepper, Sugar

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, fine grater, saucepan, frying pan and lid.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Carrot**	1	2	2
Pak Choi**	1	2	2
Lime**	1	1½	2
Red Thai Style Paste	50g	75g	100g
Thai Style Spice Blend	1 sachet	1 sachet	2 sachets
Coconut Milk	180ml	250ml	360ml
Soy Sauce 11) 13)	15ml	25ml	30ml
Chickengyoza** 3) 11) 13) 14)	1 pack	1½ packs	2 packs
Udon Noodles 13)	220g	330g	440g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Laksa*	150ml	225ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	576g	100g
Energy (kJ/kcal)	2283 /546	396 /95
Fat (g)	24.6	4.3
Sat. Fat (g)	15.0	2.6
Carbohydrate (g)	62.0	10.8
Sugars (g)	12.4	2.2
Protein (g)	17.9	3.1
Salt (g)	3.98	0.69

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

Contact

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The Fresh Farm
60 Worship St, London EC2A 2EZ



Get Prepped

- Peel and grate the **garlic** (or use a garlic press).
- Trim the **carrot**, then slice into ½ cm thick rounds (no need to peel).
- Trim the **pak choi**, then separate the leaves. Cut any larger leaves in half lengthways down the middle.
- Zest and quarter the **lime**.



Gyoza Time

- While your **laksa** simmers, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **gyozas** and fry until golden on the bottom, 2-3 mins. Reduce the heat to medium-low, add **1 tbsp water** to the pan and immediately cover with a lid or some foil.
- Cook until the **gyozas** are piping hot, 3-4 mins. Remove from the heat.



Build the Flavour

- Heat a drizzle of **oil** in a large saucepan on high heat.
- Once hot, add the **carrot** and stir-fry until tender, 6-8 mins.
- Lower the heat to medium and add the **red Thai style paste**, **Thai style spice blend** (add less if you'd prefer things milder) and **garlic**.
- Cook until fragrant, 1 min.



Finishing Touches

- Add the **udon noodles** and **pak choi leaves** to your **laksa** and simmer until warmed through, 1-2 mins.
- Stir in the **lime zest** and a squeeze of **lime juice**.
- Taste and add more **salt**, **pepper**, **lime juice** and **sugar** if needed. Add a splash of **water** if it's a little too thick - you want a soupy consistency!



Get Simmering

- Add the **coconut milk**, **soy sauce**, **sugar** and **water for the laksa** (see pantry for amount) to the **carrot**.
- Stir to combine, bring to the boil and simmer until thickened slightly, 5-6 mins.



Serve Up

- Share the **udon laksa** between your bowls.
- Top with the **chicken gyozas**.
- Serve with any remaining **lime wedges** for squeezing over.

Enjoy!