

Sriracha-Sesame Veg Gyozas and Noodles

with Stir-Fried Veg and Sesame Seeds

41

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



Vegetable Gyoza



Onion



Green Beans



Garlic Clove



Egg Noodle Nest



Ketjap Manis



Soy Sauce



Honey



Sriracha Sauce



Roasted White Sesame Seeds



King Prawns

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup, Mayonnaise

+ Add King Prawns

If you chose to add king prawns, then just follow the instructions on the back of this card.

Happy cooking!

Pronounced gee-oh-zuh, our Sriracha-Sesame Veg Gyozas and Noodles bakes the gyozas to turn them crispy and golden on the outside. Spicy sriracha, ketjap manis, soy sauce and honey make a delicious sauce to coat the noodles.



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

Baking tray, garlic press, frying pan, kettle, saucepan and sieve.

Ingredients

Ingredients	2P	3P	4P
Vegetable Gyoza** 11) 13) 14)	1 pack	1½ packs	2 packs
Onion	1	2	2
Green Beans**	150g	230g	300g
Garlic Clove**	2	3	4
Egg Noodle Nest 8) 13)	125g	187g	250g
Ketjap Manis 11)	50g	75g	100g
Soy Sauce 11) 13)	25ml	40ml	50ml
Honey	15g	22g	30g
Sriracha Sauce	15g	22g	30g
Roasted White Sesame Seeds 3)	5g	7g	10g
King Prawns* 5)	150g	225g	300g

Pantry	2P	3P	4P
Tomato Ketchup*	1½ tbsp	2½ tbsp	3 tbsp
Water for the Sauce*	100ml	150ml	200ml
Mayonnaise*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	439g	100g	514g	100g
Energy (kJ/kcal)	2707 / 647	617 / 147	2898 / 693	564 / 135
Fat (g)	13.8	3.1	14.2	2.8
Sat. Fat (g)	1.8	0.4	1.9	0.4
Carbohydrate (g)	107.4	24.5	107.4	20.9
Sugars (g)	35.8	8.2	35.8	7.0
Protein (g)	20.7	4.7	31.2	6.1
Salt (g)	6.62	1.51	7.64	1.49

Nutrition for uncooked ingredients based on 2 person recipe.


Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame 5) Crustaceans 8) Egg 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.

 You can recycle me!

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Bake the Gyozas

Preheat your oven to 220°C/200°C fan/gas mark 7.

Pop the **gyozas** onto a medium baking tray and drizzle with **oil**. Toss to coat.

Bake on the top shelf of your oven until golden, 15-18 mins. Turn halfway through.



Boil the Noodles

Meanwhile, boil a full kettle.

Pour the **boiled water** into a medium saucepan with ½ **tsp salt** and bring to a boil. Add the **noodles** and cook until tender, 4 mins.

Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.

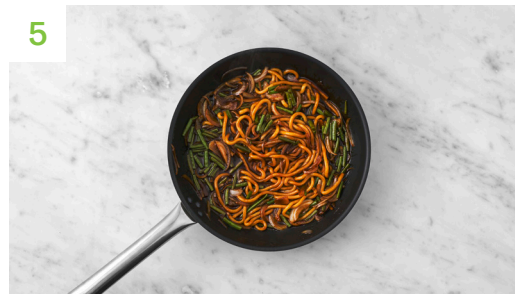


Prep the Veg

Meanwhile, halve, peel and thinly slice the **onion**.

Trim the **green beans**, then cut into thirds.

Peel and grate the **garlic** (or use a garlic press).



Sauce Time

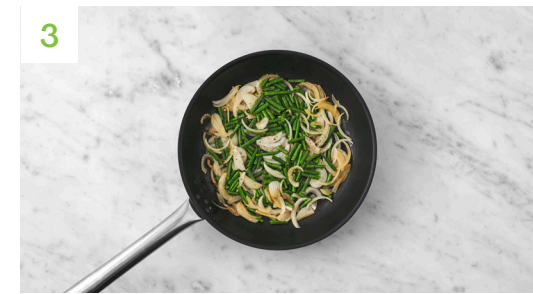
Meanwhile, reduce the frying pan heat to medium. Stir in the **garlic** and fry until fragrant, 1 min.

Add the **ketjap, soy, honey, sriracha, ketchup** and **water for the sauce** (see pantry for both amounts). Bring to a boil, then reduce the heat and simmer until thickened, 3-4 mins. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

Stir the **cooked noodles** into the **sauce**. Toss until coated. Add a splash of **water** if you feel it needs it.

+ Add King Prawns

If you're adding **prawns**, drain them, then add to the pan before the **garlic**. Fry, 2-3 mins, then add the **garlic** and continue as instructed. The **prawns** will cook through while simmering. **IMPORTANT:** Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



Get Frying

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

Once hot, add the **sliced onion** and **green beans**, season with **salt** and **pepper**.

Cook, stirring frequently, until starting to soften, 7-8 mins.



Serve

Share the **noodles** between your serving bowls. Top with the **gyoza**.

Drizzle over the **mayo** (see pantry for amount). Sprinkle on the **sesame seeds**.

Enjoy!