



Plant-Based Gyoza & Udon Noodle Soup

with Veggies & Sweet Chilli Sauce

Grab your Meal Kit with this symbol



Carrot



Tomato



Garlic



Plant-Based Fish Sauce



Vegetable Stock Powder



Udon Noodles



Baby Spinach Leaves



Crispy Shallots



Sweet Chilli Sauce



Plant-Based Asian Mushroom Sauce



Vegetable Gyoza

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 25-35 mins

Plant Based

Calorie Smart

Take our veggie gyoza and turn them into a stellar soup topper. Together with the al dente udon, they make this delightfully umami Asian-style soup a solid meal. Add the finishing touch with crispy shallots and a drizzle of sweet chilli sauce.

Pantry items

Olive Oil, Rice Wine Vinegar

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 saucepan with a lid · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
*olive oil	refer to method	refer to method
carrot	1	2
tomato	1	2
garlic	1 clove	2 cloves
plant-based Asian mushroom sauce	1 medium packet	1 large packet
plant-based fish sauce	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
rice wine vinegar*	1 tsp	2 tsp
water* (for the soup)	1½ cups	3 cups
udon noodles	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
vegetable gyoza	1 packet	2 packets
water* (for the gyoza)	¼ cup	½ cup
crispy shallots	1 medium packet	1 large packet
sweet chilli sauce	1 packet (25g)	1 packet (50g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2523kJ (603Cal)	531kJ (127Cal)
Protein (g)	18.5g	3.9g
Fat, total (g)	14g	2.9g
- saturated (g)	3.8g	0.8g
Carbohydrate (g)	103.1g	21.7g
- sugars (g)	28.7g	6g
Sodium (mg)	3034mg	638mg

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW27



1



Start the soup

- Thinly slice **carrot** into half-moons. Roughly chop **tomato**. Finely chop **garlic**.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot**, tossing, until tender, **3-4 minutes**.
- Add **tomato** and **garlic** and cook until fragrant, **1 minute**.

3



Cook the gyoza

- Meanwhile, heat a large frying pan over 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 (for the gyoza)** and cover tightly with a lid or foil (watch out, the water may spatter!).
- Cook until gyoza are tender and water is evaporated, **4-5 minutes**.

2



Finish the soup

- Add **plant-based Asian mushroom sauce**, **plant-based fish sauce**, **vegetable stock powder**, the **rice wine vinegar** and the **water (for the soup)**. Bring to a simmer, **2-3 minutes**.
- Add **udon noodles** and cook, stirring occasionally with a fork, until noodles are separated, **2-3 minutes**.
- Add **baby spinach leaves** and cook, stirring, until wilted, **1 minute**. Remove from heat and cover to keep warm.

4



Serve up

- Divide udon noodle soup between bowls.
- Top with gyoza.
- Sprinkle with **crispy shallots** and drizzle over **sweet chilli sauce** to serve.
- Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate