



Sweet Chilli Prawn & Broccoli Stir-Fry

with Udon Noodles

TAKEAWAY FAVES



Grab your Meal Kit with this symbol



Spring Onion



Garlic



Carrot



Broccoli



Oyster Sauce



Sweet Chilli Sauce



Udon Noodles



Peeled Prawns



Ginger Paste



Chicken Breast

Prep in: 15-25 mins
Ready in: 15-25 mins

Calorie Smart

Eat Me Early*
*Custom Recipe only

Prawns that are popping with delicious taste sensations, we say yes please! You won't be able to get enough of these bad boys in a saucy sweet chilli stir-fry. Set off the flavour fireworks with ginger and oyster sauce stirred through.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Fish Sauce, Soy Sauce

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
spring onion	1 stem	2 stems
garlic	3 cloves	6 cloves
carrot	1	2
broccoli	½ head	1 head
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	2 medium packets
vinegar* (white wine or rice wine)	½ tbs	1 tbs
fish sauce* (optional)	1 tsp	2 tsp
soy sauce*	1½ tbs	3 tbs
water*	2 tbs	¼ cup
udon noodles	1 packet	2 packets
peeled prawns	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1976kJ (472Cal)	373kJ (89Cal)
Protein (g)	31.5g	6g
Fat, total (g)	8.8g	1.7g
- saturated (g)	1.9g	0.4g
Carbohydrate (g)	55.7g	10.5g
- sugars (g)	17.3g	3.3g
Sodium (mg)	2410mg	455mg
Dietary Fibre (g)	9g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2397kJ (573Cal)	395kJ (94Cal)
Protein (g)	56.7g	9.3g
Fat, total (g)	11.6g	1.9g
- saturated (g)	2.7g	0.4g
Carbohydrate (g)	55.7g	9.2g
- sugars (g)	16.4g	2.7g
Sodium (mg)	1893mg	312mg
Dietary fibre	8g	1.3g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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

2024 | CW21



Get prepped

- Boil the kettle.
- Roughly chop **spring onion**. Finely chop **garlic**. Thinly slice **carrot** into half-moons. Cut **broccoli (see ingredients)** into small florets, then roughly chop stalk.
- In a small bowl, combine **oyster sauce, sweet chilli sauce, the vinegar, fish sauce (if using), soy sauce** and the **water**.



Cook the prawns & veggies

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **peeled prawns**, tossing, until pink and starting to curl up, **3-4 minutes**. Transfer to a bowl.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **broccoli**, until tender, **4-5 minutes**.
- Add **ginger paste, garlic** and **spring onion**. Cook, tossing, until fragrant, **1-2 minutes**.
- Add **prawns, cooked noodles** and **sweet chilli mixture**. Toss to combine, then remove from heat.

Custom Recipe: If you've swapped to chicken breast, cut into 2cm chunks.

Heat frying pan as above. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Return chicken to the pan with noodles.



Cook the noodles

- Half-fill a medium saucepan with boiling water.
- Cook **udon noodles**, over medium-high heat, until tender, **3-4 minutes**.
- In the **last minute** of cook time, gently stir **noodles** with a fork to separate.
- Drain and rinse **noodles**, then return to saucepan.



Serve up

- Divide sweet chilli prawn and veggie stir-fried noodles between bowls to serve. Enjoy!

Rate your recipe

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