

Southeast Asian-Style Prawn Udon Noodles

with Veggies & Spring Onion

TAKEAWAY FAVES

Grab your meal kit with this number







Udon Noodles



Carrot





Spring Onion



Peeled Prawns

Southeast Asian Spice Blend







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



Get ready for a dish that takes your palate on a whirlwind adventure through the bustling streets of Southeast Asia! Oodles of noodles are wrapped up in a blend of oyster sauce and soy sauce, tossed through with colourful veggies and perfectly panseared prawns. Who needs takeaway when homemade tastes so good?

Pantry items

Olive Oil, Egg, Brown Sugar, Soy Sauce

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

Inaredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
udon noodles	1 packet	2 packets	
garlic	3 cloves	6 cloves	
carrot	1	2	
broccoli	½ head	1 head	
spring onion	1 stem	2 stems	
egg*	1	2	
oyster sauce	1 medium packet	1 large packet	
brown sugar*	½ tbs	1 tbs	
soy sauce*	1 tbs	2 tbs	
water*	⅓ cup	⅔ cup	
peeled prawns	1 packet	2 packets	
Southeast Asian spice blend	1 medium sachet	1 large sachet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1862kJ (445Cal)	378kJ (90Cal)
Protein (g)	31.5g	6.4g
Fat, total (g)	9.2g	1.9g
- saturated (g)	1.7g	0.3g
Carbohydrate (g)	47.4g	9.6g
- sugars (g)	8.8g	1.8g
Sodium (mg)	2046mg	416mg
Dietary Fibre (g)	10.5g	2.1g

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.



Cook the noodles & get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- · Cook udon noodles over medium-high heat until tender, 3-4 minutes.
- In last minute of cook time, gently stir noodles with a fork to separate.
- Drain, rinse and set aside.
- Meanwhile, finely chop garlic. Thinly slice carrot into half-moons. Cut **broccoli** into small florets, then roughly chop stalk. Thinly slice spring onion.
- In a medium bowl, whisk the egg and a pinch of salt and pepper.



Add the sauce

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! To the **prawns**, add **Southeast Asian spice blend** and cook, until fragrant, 1 minute. Add oyster sauce mixture and cook, until bubbling, 1 minute.
- · Remove pan from heat, then add veggies and noodles, tossing until combined. Season to taste.



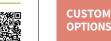
Cook the veggies & prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook carrot and broccoli, tossing, until tender, 6-7 minutes. Add garlic and cook, until fragrant, 1 minute.
- Stir in the egg mixture and cook, until cooked through, 1 minute. Transfer
- In a small bowl, combine oyster sauce, the brown sugar, soy sauce and water. Set aside.
- Wipe out frying pan and return to medium-high heat with a drizzle of **olive** oil. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes.



Serve up

- Divide Southeast Asian-style prawn udon noodles and veggies between bowls.
- · Garnish with spring onion to serve. Enjoy!







Follow method above, cooking in batches if necessary.



Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

