

# Quick Southeast Asian Prawn Udon Noodles with Veggies & Spring Onion

TAKEAWAY FAVES

Grab your meal kit with this number







**Udon Noodles** 



Carrot

Broccoli





Spring Onion



Peeled Prawns

Southeast Asian Spice Blend







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

Calorie Smart



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 and soy sauces, tossed through with colourful veggies and perfectly pan-seared prawns. Who needs takeaway when homemade tastes so good?



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

### Ingredients

	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	¾ cup
peeled prawns	1 packet	2 packets
Southeast Asian	1 medium sachet	1 large sachet

# \*Pantry Items

#### **Nutrition**

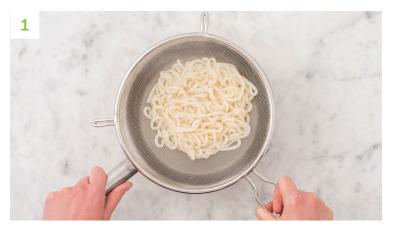
Avg Qty	Per Serving	Per 100g
Energy (kJ)	1865kJ (446Cal)	379kJ (91Cal)
Protein (g)	31.6g	6.4g
Fat, total (g)	9.3g	1.9g
- saturated (g)	1.7g	0.3g
Carbohydrate (g)	47.1g	9.6g
- sugars (g)	8.6g	1.7g
Sodium (mg)	1929mg	392mg
Dietary Fibre (g)	8.4g	1.7g

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

- 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.



## Cook the prawns

- 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.
- 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

- In a medium bowl, whisk the egg and a pinch of salt and pepper.
- 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 to a bowl.
- In a small bowl, combine oyster sauce, the brown sugar, soy sauce and water. Set aside.



#### Serve up

- Divide Southeast Asian-style prawn udon noodles and veggies between serving 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.

