



Quick Southeast Asian Prawn Udon Noodles

with Veggies & Spring Onion

TAKEAWAY FAVES

Grab your meal kit with this number

5



Udon Noodles



Garlic



Carrot



Broccoli



Spring Onion



Oyster Sauce



Peeled Prawns



Southeast Asian Spice Blend



Peeled Prawns



Beef Strips

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

Protein Rich

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?

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

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*	½ cup	¾ 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)	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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW32



CUSTOM OPTIONS

+ DOUBLE PEELLED PRAWNS

Follow method above, cooking in batches if necessary.

🔄 SWAP TO BEEF STRIPS

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.

