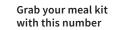


Prawn Singapore-Style Noodles with Veggies & Spring Onion

TAKEAWAY FAVES











Egg Noodles



Courgette











Peeled Prawns



Curry Powder





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

Calorie Smart

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
egg noodles	1 packet	2 packets
carrot	1	2
courgette	1	2
spring onion	1 stem	2 stems
garlic	3 cloves	6 cloves
oyster sauce	1 medium packet	2 medium packets OR 1 large packet
brown sugar*	½ tbs	1 tbs
soy sauce*	1 tbs	2 tbs
water*	⅓ cup	⅔ cup
egg*	1	2
ginger paste	1 medium packet	1 large packet
peeled prawns	1 packet	2 packets
curry powder	1 sachet	2 sachets

^{*}Pantry Items

Nutrition

Per Serving	Per 100g
1584kJ (378Cal)	409kJ (97Cal)
22.3g	5.8g
1.3g	0.3g
0.2g	0.1g
64.4g	16.6g
8.6g	2.2g
2165mg	559mg
11.2g	2.9g
	1584kJ (378Cal) 22.3g 1.3g 0.2g 64.4g 8.6g 2165mg

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 egg noodles & get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook egg noodles over medium-high heat, stirring occasionally with a fork to separate, until tender, 4-5 minutes.
- Drain, rinse with cold water and set aside.
- Meanwhile, thinly slice carrot and courgette into half-moons. Thinly slice spring onion. Finely chop garlic.
- In a small bowl, combine **oyster sauce**, the **brown sugar**, **soy sauce** and the **water**.
- In a medium bowl, whisk the egg and a pinch of salt and pepper.



Bring it all together

- 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**.
- Add **curry powder** and remaining **garlic**, and cook until fragrant, **1 minute**.
- Stir in sauce mixture and cook, until bubbling, 1 minute.
- Remove pan from heat and return veggies and noodles, tossing until combined. Season to taste.



Cook the veggies

- In a large frying pan, heat a drizzle of olive oil over high heat. Cook carrot
 and courgette, tossing, until tender, 4-5 minutes. Add ginger paste and half
 the garlic and cook, until fragrant, 1 minute.
- Reduce heat to medium-high. Stir in egg mixture and cook until cooked through, 1 minute. Transfer to a bowl, season and set aside.



Serve up

- Divide prawn Singapore-style noodles and veggies between bowls.
- Top with spring onion to serve. Enjoy!







Cook with prawns, breaking up with a spoon, until browned.

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

