



# Prawn Singapore-Style Noodles

with Veggies & Spring Onion

TAKEAWAY FAVES

Grab your meal kit with this number

5



Egg Noodles



Carrot



Courgette



Spring Onion



Garlic



Oyster Sauce



Ginger Paste



Peeled Prawns



Curry Powder



Peeled Prawns



Diced Bacon

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?

### Pantry items

Olive Oil, Brown Sugar, Soy Sauce, Egg

## 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
<b>olive oil*</b>	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
<b>brown sugar*</b>	½ tbs	1 tbs
<b>soy sauce*</b>	1 tbs	2 tbs
<b>water*</b>	½ cup	¾ cup
<b>egg*</b>	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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1584kJ (378Cal)	409kJ (97Cal)
Protein (g)	22.3g	5.8g
Fat, total (g)	1.3g	0.3g
- saturated (g)	0.2g	0.1g
Carbohydrate (g)	64.4g	16.6g
- sugars (g)	8.6g	2.2g
Sodium (mg)	2165mg	559mg
Dietary Fibre (g)	11.2g	2.9g

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](https://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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



### CUSTOM OPTIONS



#### DOUBLE PEELED PRAWNS

Follow method above, cooking in batches if necessary.



#### ADD DICED BACON

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.

