

Prawn Wontons & Nutty Veggie Stir-Fry

with Spring Onion Ginger Rice & Soy Dipping Sauce

TASTE TOURS

Grab your meal kit with this number

16



Ginger Paste



Jasmine Rice



Vegetable Stock Powder



Spring Onion



Cucumber



Ponzu Sauce



Asian Stir-Fry Mix



Oyster Sauce



Chilli Flakes (Optional)



Prawn & Chive Wontons



Crushed Peanuts



Soy Sauce Mix

Prep in: 20-30 mins
Ready in: 35-45 mins

 Calorie Smart

Who doesn't love a dumpling? Delicate, steamy parcels with fragrant, savoury interiors that are too easy to eat. These ones are filled with prawn and chive, accompanied by oyster veggies and a soy dipping sauce. Better grab your chopsticks before they're all gone!

Pantry items

Olive Oil, Butter, Sesame Oil

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 with a lid · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
spring onion	1 stem	2 stems
cucumber	1 (medium)	1 (large)
ponzu sauce	1 medium packet	1 large packet
sesame oil*	drizzle	drizzle
Asian stir-fry mix	1 medium packet	2 medium packets
oyster sauce	1 medium packet	2 medium packets
chilli flakes (optional) 🌶️	1 pinch	1 pinch
prawn & chive wontons	1 packet	2 packets
water* (for the wontons)	¼ cup	½ cup
crushed peanuts	1 packet	2 packets
soy sauce mix	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2559kJ (612cal)	240kJ (57cal)
Protein (g)	21g	2g
Fat, total (g)	24.1g	2.3g
- saturated (g)	8.8g	0.8g
Carbohydrate (g)	74.4g	7g
- sugars (g)	18.5g	1.7g
Sodium (mg)	3155mg	295.8mg
Dietary Fibre (g)	7.1g	0.7g

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 ginger rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **ginger paste** until fragrant, **1-2 minutes**.
- Add the **water (for the rice)** and a generous pinch of **salt** to the pan and bring to the boil.
- Add **jasmine rice** and **vegetable stock powder**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Add the sauce

- Remove pan from heat, then add **oyster sauce** and **chilli flakes** (if using) and stir to combine.
- Transfer to a bowl and cover to keep warm.



Get prepped

- Meanwhile, thinly slice **spring onion**.
- Thinly slice **cucumber** into rounds.
- In a small bowl, combine **cucumber** and **ponzu sauce**. Set aside.



Cook the prawn & chive wontons

- Wipe out frying pan and return to medium heat with a drizzle of **olive oil**. When oil is hot, cook **prawn & chive wontons** until starting to brown, **1-2 minutes**.
- Add the **water (for the wontons)** (watch out, it may spatter!), then cover with a lid (or foil).
- Cook until the water has evaporated and wontons are tender and heated through, **4-5 minutes**.

TIP: Cook in batches if your pan is getting crowded.



Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **sesame oil**.
- Cook **Asian stir-fry mix**, tossing, until tender, **4-5 minutes**.



Serve up

- To rice, add spring onions and stir to combine.
- Sprinkle **crushed peanuts** over oyster veggies.
- Bring everything to the table to serve. Help yourself to the prawn and chive wontons, spring onion ginger rice, nutty veggie stir-fry and ponzu cucumber.
- Serve with **soy sauce mix** for dipping. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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