



# Prawn Wontons & Sweet Soy Egg Noodles

with Asian Greens & Sesame Seeds

NEW

Grab your meal kit with this number

6



Egg Noodles



Carrot



Asian Greens



Onion



Garlic



Mixed Sesame Seeds



Oyster Sauce



Sweet Chilli Sauce



Prawn & Chive Wontons



Sweet Soy Seasoning



Peeled Prawns



Broccoli Florets

Prep in: 20-30 mins  
Ready in: 30-40 mins

Calorie Smart

These prawn and chive wontons are a new favourite, we want to add them to all our recipes! For this one we've paired them with sticky sweet egg noodles in a rich, glossy sauce with veggies mixed through. Don't forget the sprinkle of sesame seeds for added crunch!

### Pantry items

Olive 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 · 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
Asian greens	1 packet	2 packets
onion	½	1
garlic	3 cloves	6 cloves
mixed sesame seeds	1 medium sachet	1 large sachet
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
<b>water* (for the sauce)</b>	¼ cup	½ cup
prawn & chive wontons	1 packet	2 packets
<b>water* (for the dumplings)</b>	¼ cup	½ cup
sweet soy seasoning	1 sachet	2 sachets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2720kJ (650Cal)	592kJ (141Cal)
Protein (g)	21.8g	4.7g
Fat, total (g)	16.1g	3.5g
- saturated (g)	2.5g	0.5g
Carbohydrate (g)	105.4g	22.9g
- sugars (g)	17.5g	3.8g
Sodium (mg)	2348mg	511mg
Dietary Fibre (g)	13.3g	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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW43



1



## Cook the egg noodles

- 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 and set aside.

4



## Cook the veggies

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **carrot** and **onion**, until tender, **4-5 minutes**.

2



## Get prepped

- Meanwhile, thinly slice **carrot** into half-moons. Roughly chop **Asian greens**. Cut **onion** into thin wedges. Finely chop **garlic**.
- Heat a large frying pan over medium-high heat. Toast **mixed sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.
- In a second small bowl, combine **oyster sauce**, **sweet chilli sauce** and the **water (for the sauce)**.

5



## Bring it all together

- Add **sweet soy seasoning** and the **garlic** and cook until fragrant, **1 minute**.
- Add **Asian greens**, **oyster sauce mixture** and **egg noodles**, tossing to combine, **1-2 minutes**. Season to taste.

3



## Cook the wontons

- Return frying pan to a medium-high heat with a drizzle of **olive oil**.
- When oil is hot, add **prawn & chive wontons**, flat-side down, in a single layer.
- Cook until starting to brown, **1-2 minutes**. Add the **water (for the dumplings)** (watch out, it may spatter!) and cover with a lid (or foil).
- Cook until the water has evaporated and wontons are tender and softened, **4-5 minutes**. Transfer to a plate and set aside.

6



## Serve up

- Divide sweet soy egg noodles with veggies between bowls.
- Top with prawn wontons.
- Garnish with sesame seeds. Enjoy!

### CUSTOM OPTIONS



#### SWAP TO PEELED PRAWNS

Cook in frying pan with a drizzle of oil, tossing, until pink and starting to curl up, 3-4 minutes.



#### ADD BROCCOLI FLORETS

Cook with carrot and onion.

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

