



Prawn Wontons & Asian-Style Salad

with Sesame Dressing & Coriander

NEW CLIMATE SUPERSTAR

Grab your meal kit with this number

6



Carrot



Prawn & Chive Wontons



Mixed Salad Leaves



Shredded Cabbage Mix



Japanese Dressing



Soy Sauce Mix



Sesame Dressing



Coriander



Prawn & Chive Wontons



John Dory Fillets

Prep in: 10-20 mins
Ready in: 20-30 mins

Calorie Smart

Delicate prawn wontons, bursting with juicy flavour, sit atop a vibrant Asian-style salad drizzled in a zesty sesame dressing. Fresh coriander adds a fragrant finish, making every bite a perfect harmony of crunch, tang, and spice. Need we say more? Dig in!

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

Large frying pan with a lid (or foil)

Ingredients

| | 2 People | 4 People |
|-----------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| carrot | 1 | 2 |
| prawn & chive wontons | 1 packet | 2 packets |
| water* | ¼ cup | ½ cup |
| mixed salad leaves | 1 medium packet | 1 large packet |
| shredded cabbage mix | 1 medium packet | 1 large packet |
| Japanese dressing | 1 packet | 2 packets |
| soy sauce mix | ½ medium packet | 1 medium packet |
| sesame dressing | 1 medium packet | 1 large packet |
| coriander | 1 packet | 1 packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 1801kJ (430cal) | 242kJ (58cal) |
| Protein (g) | 15.2g | 2g |
| Fat, total (g) | 19.9g | 2.7g |
| - saturated (g) | 2.8g | 0.4g |
| Carbohydrate (g) | 45.8g | 6.2g |
| - sugars (g) | 12.3g | 1.7g |
| Sodium (mg) | 1274mg | 171.3mg |
| Dietary Fibre (g) | 4.7g | 0.6g |

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.



Get prepped

- Using a vegetable peeler, peel **carrot** into ribbons.



Toss the salad

- In a large bowl, combine **carrot, mixed salad leaves, shredded cabbage mix, Japanese dressing** and **soy sauce mix** (see ingredients). Season with **pepper** and toss to combine.



Cook the wontons

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **prawn & chive wontons** until starting to brown, **1-2 minutes**.
- Add the **water** (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**.



Serve up

- Divide Asian-style salad between bowls.
- Top with prawn wontons and drizzle over **sesame dressing**.
- Tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



CUSTOM OPTIONS

+ **DOUBLE PRAWN & CHIVE WONTONS**
Follow method above, cooking in batches if necessary.

↻ **SWAP TO JOHN DORY FILLETS**
Season fish on both sides with salt and pepper. Cook fish in batches until just cooked through, 5-6 minutes each side.

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

