

Sweet Chilli Prawn & Broccoli Stir-Fry

with Egg Noodles

TAKEAWAY FAVES

Grab your meal kit
with this number

22



Spring Onion



Garlic



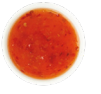
Carrot



Broccoli



Oyster Sauce



Sweet Chilli
Sauce



Egg Noodles



Peeled Prawns



Ginger Paste



Chicken
Breast



Peeled
Prawns



Prep in: **15-25** mins
Ready in: **15-25** mins

 Calorie Smart

Prawns that are popping with delicious taste sensations, we say yes please! You won't be able to get enough of these bad boys in a saucy sweet chilli stir-fry. Set off the flavour fireworks with ginger and oyster sauce stirred through.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Fish Sauce, Soy Sauce

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
spring onion	1 stem	2 stems
garlic	3 cloves	6 cloves
carrot	1	2
broccoli	½ head	1 head
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	½ large packet	1 large packet
vinegar* (white wine or rice wine)	½ tbs	1 tbs
fish sauce* (optional)	1 tsp	2 tsp
soy sauce*	1½ tbs	3 tbs
water*	2 tbs	¼ cup
egg noodles	1 packet	2 packets
peeled prawns	1 packet	2 packets
ginger paste	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2033kJ (485Cal)	436kJ (104Cal)
Protein (g)	28.7g	6.2g
Fat, total (g)	6.5g	1.4g
- saturated (g)	1.2g	0.3g
Carbohydrate (g)	71.6g	15.4g
- sugars (g)	16.3g	3.5g
Sodium (mg)	2665mg	572mg
Dietary Fibre (g)	15.3g	3.3g

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.



Get prepped

- Boil the kettle.
- Roughly chop **spring onion**. Finely chop **garlic**.
- Thinly slice **carrot** into half-moons. Cut **broccoli (see ingredients)** into small florets, then roughly chop stalk.
- In a small bowl, combine **oyster sauce**, **sweet chilli sauce (see ingredients)**, the **vinegar**, **fish sauce** (if using), **soy sauce** and the **water**.



Cook the prawns

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **peeled prawns**, tossing, until pink and starting to curl up, **3-4 minutes**. Transfer to a bowl.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **broccoli**, until tender, **4-5 minutes**.
- Add **ginger paste**, **garlic** and **spring onion**. Cook, tossing, until fragrant, **1-2 minutes**.
- Add **prawns**, **cooked noodles** and **sweet chilli mixture**. Season to taste. Toss to combine, then remove from heat.



Cook the noodles

- 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.



Serve up

- Divide sweet chilli prawn and broccoli stir-fried noodles between bowls to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



DOUBLE PEELED PRAWNS

Follow method above, cooking in batches if necessary.

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

