



# Speedy Southeast Asian Prawn Udon Noodles

with Broccoli & Spring Onion

FEEL-GOOD TAKEAWAY

Grab your meal kit with this number

6



Udon Noodles



Garlic



Carrot



Broccoli



Spring Onion



Oyster Sauce



Peeled Prawns



Southeast Asian Spice Blend



Peeled Prawns



Beef Strips

Prep in: 20-30 mins  
Ready in: 25-35 mins

Protein Rich

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 sauce and soy sauce, tossed through with colourful veggies and perfectly pan-seared prawns. Who needs takeaway when homemade tastes so good?

### Pantry items

Olive Oil, Egg, Brown Sugar, 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
<b>olive oil*</b>	refer to method	refer to method
udon noodles	1 packet	2 packets
garlic	3 cloves	6 cloves
carrot	1	2
broccoli	½ head	1 head
spring onion	1 stem	2 stems
<b>egg*</b>	1	2
oyster sauce	1 medium packet	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
peeled prawns	1 packet	2 packets
Southeast Asian spice blend	1 large sachet	2 large sachets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1907kJ (455Cal)	385kJ (92Cal)
Protein (g)	31.8g	6.4g
Fat, total (g)	9.3g	1.9g
- saturated (g)	1.7g	0.3g
Carbohydrate (g)	50.1g	10.1g
- sugars (g)	10.3g	2.1g
Sodium (mg)	2138mg	432mg
Dietary Fibre (g)	8.4g	1.7g

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](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 noodles & get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **udon noodles** over medium-high heat until tender, **3-4 minutes**.
- In **last minute** of cook time, gently stir **noodles** with a fork to separate.
- Drain, rinse and set aside.
- Meanwhile, finely chop **garlic**. Thinly slice **carrot** into half-moons. Cut **broccoli** into small florets, then roughly chop stalk. Thinly slice **spring onion**.
- In a medium bowl, whisk the **egg** and a pinch of **salt** and **pepper**.



## Cook the prawns & add the sauce

- 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**.
- **SPICY!** *This is a mild spice blend, but use less if you're sensitive to heat!* Add **Southeast Asian spice blend** to the pan and cook, until fragrant, **1 minute**. Add **oyster sauce mixture** and cook, until bubbling, **1 minute**.
- Remove pan from heat, then add **veggies** and **noodles**, tossing until combined. Season to taste.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **broccoli**, tossing, until tender, **6-7 minutes**. Add **garlic** and cook, until fragrant, **1 minute**.
- Stir in the **egg mixture** and cook, until cooked through, **1 minute**. Transfer to a bowl.
- In a small bowl, combine **oyster sauce**, the **brown sugar**, **soy sauce** and **water**. Set aside.



## Finish & serve

- Divide Southeast Asian-style prawn udon noodles and veggies between bowls.
- Garnish with spring onion to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



### CUSTOM OPTIONS



#### DOUBLE PEELLED PRAWNS

Follow method above, cooking in batches if necessary.



#### SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

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

