HELLO FRESH

Prawn Wontons & Soy Garlic Veggies
with Butter Rice & Soy-Chilli Oil

NEW

Garlic

Jasmine Rice

Green Beans

Carrot

Baby Leaves

Soy Sauce Mix

Prawn & Chive Wontons

Chilli Flakes (Optional)

Crispy Shallots

Plain Tofu +

Diced Chicken +

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

These prawn and chive wontons are a fan favourite, and we want to add them to all our recipes! This time we've paired them with simple buttery rice with garlic veggies. We've also got a sweet and savoury soy chilli oil for you to drizzle over - you won't need much, it really packs a punch!

Pantry items

Olive Oil, Butter, Honey

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 lid · Large frying pan

Ingredients

	2 People	4 People
*olive oil**	refer to method	refer to method
garlic	3 cloves	6 cloves
*butter**	20g	40g
jasmine rice	1 medium packet	1 large packet
*water** *(for the rice)*	1¼ cups	2½ cups
green beans	1 small packet	1 medium packet
carrot	1	2
baby leaves	1 small packet	1 medium packet
soy sauce mix	1 medium packet	2 medium packets
prawn & chive wontons	1 packet	2 packets
*water** *(for the dumplings)*	¼ cup	½ cup
chilli flakes 🌶 (optional)	1 pinch	1 pinch
*honey**	1 tbs	2 tbs
crispy shallots	1 medium sachet	1 large sachet

**Pantry Items*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2422kJ (579cal)	621kJ (159cal)
Protein (g)	16.4g	4.2g
Fat, total (g)	22.8g	5.8g
- saturated (g)	8.7g	2.2g
Carbohydrate (g)	75.9g	19.5g
- sugars (g)	14.7g	3.8g
Sodium (mg)	1510mg	387.2mg
Dietary Fibre (g)	5.9g	1.5g

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.

We're here to help!
Scan here if you have any questions or concerns
2025 | CW03

1

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

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

2

Get prepped
- Meanwhile, trim **green beans**.
- Thinly slice **carrot** into sticks.

3

Cook the veggies
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **green beans** and **carrot**, until tender, **4-5 minutes**.
- Add remaining **garlic** and cook, until fragrant, **1 minute**.
- Remove pan from heat, add **baby leaves** and half the **soy sauce mix** and toss to combine. Transfer to a bowl and cover to keep warm.

4

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

5

Make the soy-chilli oil
- In a medium heatproof bowl, combine a pinch of **chilli flakes** (if using), remaining **soy sauce mix**, the **honey** and a pinch of **salt** and **pepper**.
- Wipe out and return frying pan to a high heat with a drizzle of **olive oil** (2 tbs for 2 people / ¼ cup for 4 people), cook until just smoking, **30 seconds**, then carefully pour the **oil** over the **soy-chilli mixture**.

6

Finish & serve
- Divide butter rice between bowls.
- Serve with soy garlic veggies and prawn wontons.
- Drizzle soy-chilli oil over the wontons to serve. Garnish with **crispy shallots**. Enjoy!

CUSTOM OPTIONS

➕ **ADD PLAIN TOFU**
Cut into bite-sized chunks. Cook in frying pan with a drizzle of oil until browned, 3-4 minutes.

➕ **ADD DICED CHICKEN**
Cook in frying pan with a drizzle of olive oil until cooked through, 4-6 minutes.

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