



Cal Smart Chinese BBQ Prawn Noodle Soup

FRESH & FAST

Box to plate: 15 mins

Eat Me First

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: 1624kJ (388Cal) | Protein 25.1g | Fat, total 0.7g - saturated 0.2g | Carbohydrate 65.3g - sugars 10.9g | Sodium 3469mg
The quantities provided above are averages only | **Calorie Smart**

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2023 | WK27 | AL



Get ready

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You'll need

(along with the basics)



Large Saucepan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Trimmed Green Beans	1 medium bag	1 large bag
Broccoli & Carrot Mix	1 medium pkt	1 large pkt
Fish Sauce & Rice Wine Vinegar Mix	1 pkt (20g)	1 pkt (40g)
Prawns	1 pkt (200g)	2 pkts (400g)

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1. Sizzle



Broccoli & Carrot Mix



Trimmed Green Beans



Fish Sauce & Rice Vinegar Mix

2. Boil



Oyster Sauce



Soy Sauce Mix



Egg Noodles



Prawns

3. Serve



Spring Onion

- Boil the kettle
- Heat a saucepan with a drizzle of **olive oil** over high heat. Cook **broccoli & carrot mix** and **beans**, until just tender, **4-5 mins**
- Add **fish sauce mix** and cook until fragrant, **1 min**

- Add the **boiling water** (3 cups for 2 people / 6 cups for 4 people), **oyster sauce** and **soy sauce mix** and bring to the boil
- Add **egg noodles** and **prawns**. Cover with a lid and reduce to a simmer. Cook until cooked through, **4-5 mins**
- In the last minute, gently stir **noodles** with a fork to separate

- Slice **spring onion**
- Divide prawn noodle soup between bowls
- Sprinkle over **spring onion**



Rate your recipe

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