



Malaysian-Style Prawn Wonton Bowl

with Egg Noodles, Veggies & Spring Onion

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Egg Noodles



Spring Onion



Kecap Manis



Oyster Sauce



Sesame Oil Blend



Ginger Paste



Prawn & Chive Wontons



Broccoli & Carrot Mix



Japanese Style Dressing



Prawn & Chive Wontons

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

Eat Me First

Thanks to the juicy prawn and chive wontons in your cool pouch, you'll have this sensational noodle stir-fry on the table faster than if you'd ordered the takeaway version.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

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 will need

Medium saucepan · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
egg noodles	1 medium packet	2 medium packets
spring onion	1 stem	2 stems
kecap manis	1 packet	2 packets
oyster sauce	1 medium packet	1 large packet
sesame oil blend	½ packet	1 packet
ginger paste	1 medium packet	1 large packet
prawn & chive wontons	1 packet	2 packets
water*	¼ cup	½ cup
broccoli & carrot mix	1 medium packet	1 large packet
Japanese style dressing	1 packet	2 packets
prawn & chive wontons**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3381kJ (808Cal)	946kJ (226Cal)
Protein (g)	21.1g	5.9g
Fat, total (g)	21.4g	6g
- saturated (g)	2.7g	0.8g
Carbohydrate (g)	131.4g	36.8g
- sugars (g)	40.6g	11.4g
Sodium (mg)	3359mg	940mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4353kJ (1040Cal)	912kJ (218Cal)
Protein (g)	32.5g	6.8g
Fat, total (g)	28.3g	5.9g
- saturated (g)	3.7g	0.8g
Carbohydrate (g)	162.7g	34.1g
- sugars (g)	43.2g	9g
Sodium (mg)	3850mg	806mg

The quantities provided above are averages only.

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.



Cook the noodles

- Boil the kettle.
- 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.



Cook the veggies

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **broccoli & carrot mix**, tossing, until tender, **6-7 minutes**.

TIP: Add a dash of water to the pan to help speed up the cooking process.



Get prepped

- Meanwhile, thinly slice **spring onion**.
- In a small bowl, combine **kecap manis**, **oyster sauce**, **sesame oil blend** (see ingredients) and **ginger paste**.



Make it saucy

- To the pan, add **cooked noodles**, **kecap manis mixture** and a splash of **water**, until combined, **1 minute**.
- Season with **pepper**.



Cook the wontons

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **prawn & chive wontons**, until starting to brown, **1-2 minutes**.
- Add the **water** (watch out, it may spatter!) and cover tightly with foil or a lid.
- Cook until the water has evaporated and wontons are tender and heated through, **4-5 minutes**.
- Transfer wontons to a bowl.

Custom Recipe: If you've doubled your prawn & chive wontons, cook wontons in batches for the best results.



Serve up

- Divide egg noodles and veggies between bowls.
- Top with prawn wontons and drizzle over **Japanese style dressing**.
- Sprinkle over spring onions to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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