



Prawn Wonton, Asian Greens & Pea Pod Soup

with Konjac Noodles & Ginger Chilli Oil

TAKEAWAY FAVES

BEST SELLER

Grab your Meal Kit with this symbol



Long Chilli (Optional)



Pea Pods



Asian Greens



Makrut Lime Leaves



Konjac Noodles



Ginger Paste



Sesame Seeds



Soy Sauce Mix



Chicken-Style Stock Powder



Oyster Sauce



Prawn & Chive Wontons



Prawn & Chive Wontons

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

Calorie Smart

Eat Me First

By the time you are done with this one, we can guarantee that each and every bowl will be licked clean. How could they not be, when we've paired oyster-dressed noodles with tasty prawn and chive dumplings? Delish!

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

Pantry items

Olive Oil

SUK

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

Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
long chilli  (optional)	½	1
pea pods	1 small bag	1 medium bag
Asian greens	1 bag	2 bags
makrut lime leaves	2 leaves	4 leaves
konjac noodles	1 medium packet	2 medium packets
ginger paste	1 medium packet	1 large packet
sesame seeds	1 medium packet	1 large packet
soy sauce mix	1 packet	2 packets
boiling water*	2 cups	4 cups
chicken-style stock powder	1 medium sachet	1 large sachet
oyster sauce	1 medium packet	1 large packet
prawn & chive wontons	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)	1572kJ (376Cal)	346kJ (83Cal)
Protein (g)	17.1g	3.8g
Fat, total (g)	12.1g	2.7g
- saturated (g)	1.6g	0.4g
Carbohydrate (g)	47.3g	10.4g
- sugars (g)	11.9g	2.6g
Sodium (mg)	2671mg	588mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2544kJ (608Cal)	443kJ (106Cal)
Protein (g)	28.5g	5g
Fat, total (g)	18.9g	3.3g
- saturated (g)	2.7g	0.5g
Carbohydrate (g)	78.6g	13.7g
- sugars (g)	14.6g	2.5g
Sodium (mg)	3161mg	551mg

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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Slice **long chilli** (if using). Trim **pea pods** and cut into thirds.
- Roughly chop **Asian greens**.
- Remove centre veins from **makrut lime leaves**, then very finely chop.
- Drain and rinse **konjac noodles**.

TIP: The makrut lime leaves are fibrous so you want to cut them into small pieces!



Start the soup

- Boil the kettle. Return saucepan to high heat with a drizzle of **olive oil**. Cook **pea pods**, stirring, until just tender, **3-4 minutes**.
- Add the **boiling water** (2 cups for 2 people / 4 cups for 4 people), **chicken-style stock powder** and **oyster sauce** and bring to the boil.
- Add **prawn & chive wontons** and **makrut lime leaves** and cover. Reduce to a simmer and cook until tender, **4-5 minutes**.
- Stir in **konjac noodles** and **Asian greens** until just wilted, **1 minute**.

Custom Recipe: If you've doubled your wontons, make soup as above.

While the soup is simmering, half-fill a second medium saucepan with boiling water. Add prawn wontons and cook together, uncovered, over high heat, until tender and heated through, 4-5 minutes. Drain.



Make the ginger chilli oil

- In a medium heatproof bowl, combine **ginger paste**, **sesame seeds**, **chilli** (if using) and a pinch of **salt** and **pepper**.
- In a large saucepan, heat **olive oil** (2 tbs for 2 people / ¼ cup for 4 people) over high heat until just smoking, **30 seconds**, then carefully pour the oil over the **ginger mixture**.
- Add **soy sauce mix**. Mix well and set aside.

TIP: The hot oil will bubble up and 'cook' the ginger.



Finish the soup & serve up

- Divide prawn wontons, Asian greens and pea pod soup between bowls.
- Spoon over ginger **chilli** oil to serve. Enjoy!

Custom Recipe: Divide Asian greens and pea pod soup between bowls. Top with cooked prawn and chive wontons.

Rate your recipe

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