

with Konjac Noodles & Ginger Chilli Oil

TAKEAWAY FAVES

















Asian Greens

Makrut Lime Leaves





Konjac Noodles

Ginger Paste





Sesame Seeds

Soy Sauce



Chicken-Style Stock Powder



Oyster Sauce

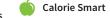


Prawn & Chive Wontons



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

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

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

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
long chilli ∮ (optional)	1/2	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 packet	2 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!



Cook the soup

- Boil the kettle. Return saucepan to high heat with a drizzle of olive oil. Cook pea pods, tossing, 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 Asians greens until just wilted, 1 minute.

Custom Recipe: If you've doubled your prawn & chive wontons, start soup as above. While the soup is simmering, half-fill a second large saucepan with boiling water. Add all prawn wontons and cook together, uncovered, over high heat, until tender and heated through, 4-5 minutes.



Make the ginger chilli oil

- In a medium heatproof bowl, combine ginger paste, sesame seeds, chilli and a pinch of salt and pepper.
- In a large saucepan, heat olive oil (2 tbs for 2 people / ½ 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.



Serve up

- Divide prawn wonton, 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 & chive wontons.

Did we make your tastebuds happy?
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