



# Prawn Wonton & Veggie Soup

with Udon Noodles & Sesame Seeds

DUMPLING DAY



Grab your Meal Kit with this symbol



Garlic



Asian Greens



Broccoli & Carrot Mix



Chicken Stock Pot



Oyster Sauce



Udon Noodles



Prawn & Chive Wontons



Sesame Oil Blend



Mixed Sesame Seeds



Prawn & Chive Wontons

Prep in: 15-25 mins  
Ready in: 20-30 mins



Calorie Smart\*  
*\*Custom recipe is not Calorie Smart*

**1** Eat Me First

All you need is a pan to create a tasty Asian fusion dish to celebrate Dumpling Day! Slurp up the udon noodles that are oozing with umami flavours in every bite and then dive into the wontons which are our fave; prawn and chive.

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

### Pantry items

Olive Oil, Soy Sauce

## 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 with a lid

## Ingredients

|                         | 2 People        | 4 People        |
|-------------------------|-----------------|-----------------|
| <b>olive oil*</b>       | refer to method | refer to method |
| garlic                  | 2 cloves        | 4 cloves        |
| Asian greens            | 1 bag           | 2 bags          |
| broccoli & carrot mix   | 1 medium bag    | 1 large bag     |
| <b>boiling water*</b>   | 2 cups          | 4 cups          |
| chicken stock pot       | 1 packet (40g)  | 2 packets (80g) |
| oyster sauce            | 1 medium packet | 1 large packet  |
| <b>soy sauce*</b>       | 1 tbs           | 2 tbs           |
| udon noodles            | 1 packet        | 2 packets       |
| prawn & chive wontons   | 1 packet        | 2 packets       |
| sesame oil blend        | 1 packet        | 2 packets       |
| mixed sesame seeds      | 1 medium packet | 1 large packet  |
| prawn & chive wontons** | 1 packet        | 2 packets       |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2647kJ (633Cal) | 567kJ (136Cal) |
| Protein (g)      | 25.9g           | 5.5g           |
| Fat, total (g)   | 20.9g           | 4.5g           |
| - saturated (g)  | 3.2g            | 0.7g           |
| Carbohydrate (g) | 79.3g           | 17g            |
| - sugars (g)     | 13.3g           | 2.8g           |
| Sodium (mg)      | 2954mg          | 633mg          |

### Custom Recipe

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3619kJ (865Cal) | 617kJ (147Cal) |
| Protein (g)      | 37.3g           | 6.4g           |
| Fat, total (g)   | 27.7g           | 4.7g           |
| - saturated (g)  | 4.2g            | 0.7g           |
| Carbohydrate (g) | 110.6g          | 18.8g          |
| - sugars (g)     | 16g             | 2.7g           |
| Sodium (mg)      | 3445mg          | 587mg          |

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](https://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



1



## Cook the veggies

- Boil the kettle.
- Finely chop **garlic**.
- Roughly chop **Asian greens**.
- In a large saucepan, heat a drizzle of **olive oil** over high heat. Cook **broccoli & carrot mix**, tossing, until tender, **4-6 minutes**.
- Add **Asian greens** and **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a bowl and set aside.

**Custom Recipe:** If you've doubled your prawn & chive wontons, bring a separate saucepan of water to the boil.

3



## Cook the noodles & wontons

- Add **udon noodles** and **prawn & chive wontons**, then cover with a lid.
- Reduce to a simmer and cook until noodles and wontons are tender, **4-5 minutes**.
- In the **last minute**, gently stir **noodles** with a fork to separate. Stir in **sesame oil blend** and return cooked **veggies** to pan.

**Custom Recipe:** Lower the heat of the boiling saucepan to a simmer, add extra wontons, then cover with a lid for 4-5 minutes. Add to soup with cooked veggies.

2



## Add the flavourings

- To the saucepan, add the **boiling water** (2 cups for 2 people / 4 cups for 4 people), **chicken stock pot**, **oyster sauce** and the **soy sauce**.
- Bring to the boil.

4



## Serve up

- Divide prawn wonton and udon noodle soup with garlicky veggies between bowls.
- Top with **mixed sesame seeds** to serve. Enjoy!

## Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)