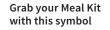


# Prawn Wonton & Veggie Soup with Udon Noodles & Sesame Seeds

DUMPLING DAY











Broccoli & Carrot





**Oyster Sauce** 



Chicken Stock



Prawn & Chive Wontons



Blend

Sesame Oil



Mixed Sesame Seeds



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

Eat Me First

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



# 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
olive oil*	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
boiling water*	2 cups	4 cups
chicken stock pot	1 packet (40g)	2 packets (80g)
oyster sauce	1 medium packet	1 large packet
soy sauce*	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

<sup>\*</sup>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)	<b>3619kJ</b> (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 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





# 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.



## 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.



# 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.



# 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