



# Sweet Chilli & Oyster Sauce Prawn Wontons

with Rice, Pre-Cut Veggies & Crispy Shallots

NEW

Grab your Meal Kit with this symbol



Basmati Rice



Oyster Sauce



Sweet Chilli Sauce



Garlic Paste



Asian Stir-Fry Mix



Prawn & Chive Wontons



Crispy Shallots



Prawn & Chive Wontons

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

Eat Me Early

All you need is a pot and pan to create an Asian fusion dish all from the comfort of your own kitchen. Slurp up the sticky prawn wontons and then dive into the corn rice. You will be at the bottom of the bowl in no time.

**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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
basmati rice	1 medium packet	1 large packet
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
<b>water*</b> (for the sauce)	¼ cup	½ cup
garlic paste	1 packet	2 packets
Asian stir-fry mix	1 medium packet	1 large packet
prawn & chive wontons	1 packet	2 packets
<b>water*</b> (for the gyoza)	¼ cup	½ cup
crispy shallots	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)	2740kJ (655Cal)	688kJ (164Cal)
Protein (g)	21.6g	5.4g
Fat, total (g)	12.5g	3.1g
- saturated (g)	3.1g	0.8g
Carbohydrate (g)	118.1g	29.7g
- sugars (g)	17.4g	4.4g
Sodium (mg)	1913mg	481mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3712kJ (887Cal)	717kJ (171Cal)
Protein (g)	33g	6.4g
Fat, total (g)	19.4g	3.7g
- saturated (g)	4.1g	0.8g
Carbohydrate (g)	149.4g	28.8g
- sugars (g)	20.1g	3.9g
Sodium (mg)	2403mg	464mg

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 rice

- Boil the kettle. Half-fill a medium saucepan with the boiling water.
- Add **basmati rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12 minutes**. Drain.

3



## Cook the prawn wontons

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, add **prawn & chive wontons**, flat-side down, in a single layer.
- Cook until starting to brown, **1-2 minutes**. Add the **water (for the gyoza)** (watch out, it may spatter!) and cover with foil or a lid.
- Cook until the water has evaporated and wontons are tender and softened, **4-5 minutes**.

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

2



## Cook the veggies

- Meanwhile, in a small bowl, combine **oyster sauce**, **sweet chilli sauce**, the **water (for the sauce)** and **garlic paste**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **Asian stir-fry mix**, tossing, until tender, **4-5 minutes**.
- Remove pan from heat and add **sweet chilli sauce mixture**, tossing to coat. Transfer to a bowl and cover to keep warm.

4



## Serve up

- Divide rice between bowls. Top with prawn wontons and veggies. Spoon remaining sauce from bowl over wontons.
- Sprinkle over **crispy shallots** to serve. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback!  
Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)