



Sticky Prawn Wontons & Corn Rice

with Garlic Broccoli & Crispy Shallots

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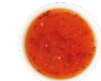
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Sweetcorn



Broccoli



Sweet Chilli Sauce



Prawn & Chive Wontons



Prawn & Chive Wontons



Jasmine Rice



Oyster Sauce



Garlic Paste



Crispy Shallots

Prep in: 30-40 mins
Ready in: 35-45 mins

Eat Me First

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, Butter

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 with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
sweetcorn	1 tin (125g)	1 tin (300g)
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
broccoli	1 head	2 heads
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
water* (for the sauce)	¼ cup	½ cup
garlic paste	1 packet	2 packets
prawn & chive wontons	1 packet	2 packets
water* (for the wontons)	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)	3117kJ (745Cal)	696kJ (166Cal)
Protein (g)	25.6g	5.7g
Fat, total (g)	21.6g	4.8g
- saturated (g)	8.8g	2g
Carbohydrate (g)	116.4g	26g
- sugars (g)	17.5g	3.9g
Sodium (mg)	2079mg	464mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4089kJ (977Cal)	720kJ (172Cal)
Protein (g)	37g	6.5g
Fat, total (g)	28.4g	5g
- saturated (g)	9.8g	1.7g
Carbohydrate (g)	147.7g	26g
- sugars (g)	20.1g	3.5g
Sodium (mg)	2570mg	452mg

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



1 Cook the corn rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Drain **sweetcorn**.
- Cook **corn**, until lightly browned, **4-5 minutes**. Add the **water (for the rice)** and a generous pinch of **salt** to the pan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



4 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 wontons)** (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**. Transfer to a bowl.

Custom Recipe: If you've doubled your prawn & chive wontons, cook in a second frying pan or cook in batches for best results.



2 Get prepped

- Meanwhile, chop **broccoli** (including stalk!) into small florets.
- In a small bowl, combine **oyster sauce**, **sweet chilli sauce**, the **water (for the sauce)** and half the **garlic paste**.



5 Make the sticky sauce

- Return frying pan to medium heat.
- Add **sweet chilli mixture**, stirring, until slightly reduced, **1-2 minutes**.



3 Cook the garlic broccoli

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **broccoli**, tossing until tender, **5-6 minutes**.
- Add remaining **garlic paste**, and cook, until fragrant, **1 minute**. Season to taste.
- Transfer to serving bowls and set aside.

TIP: Add a dash of water to the pan to help speed up the cooking process.



6 Serve up

- Divide corn rice and garlic broccoli between bowls.
- Top rice with prawn wontons. Spoon over sticky sauce.
- Sprinkle over **crispy shallots** to serve. Enjoy!

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