

# Sticky Prawn Wontons & Corn Rice

with Quick-Prep Garlic Veggies & Crispy Shallots

EXPLORER

Grab your Meal Kit with this symbol



Sweetcorn



Jasmine Rice



Broccoli & Carrot Mix



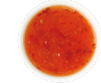
Garlic Paste



Prawn & Chive Wontons



Oyster Sauce



Sweet Chilli Sauce



Crispy Shallots



Prawn & Chive Wontons

Prep in: 15-25 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 a lid · Large frying pan with a lid (or foil)

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweetcorn	1 tin (125g)	1 tin (300g)
<b>water*</b> (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
<b>butter*</b>	20g	40g
broccoli & carrot mix	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
prawn & chive wontons	1 packet	2 packets
<b>water*</b> (for the wontons)	¼ cup	½ cup
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
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)	3003kJ (718Cal)	759kJ (181Cal)
Protein (g)	20.3g	5.1g
Fat, total (g)	21.6g	5.5g
- saturated (g)	8.8g	2.2g
Carbohydrate (g)	116.1g	29.4g
- sugars (g)	19.6g	5g
Sodium (mg)	2074mg	524mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3975kJ (950Cal)	771kJ (184Cal)
Protein (g)	31.7g	6.1g
Fat, total (g)	28.4g	5.5g
- saturated (g)	9.9g	1.9g
Carbohydrate (g)	147.4g	28.6g
- sugars (g)	22.2g	4.3g
Sodium (mg)	2565mg	498mg

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 corn rice

- Drain **sweetcorn**.
- Add the **water (for the rice)** to a medium saucepan 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 the heat and keep covered until the rice is tender and all the water has absorbed, **12 minutes**.
- Stir through the **butter** and **corn**, until combined. Season to taste.

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

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 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**.

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

2



## Cook the veggies

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **broccoli & carrot mix**, tossing, until tender, **5-6 minutes**.
- Add half the **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.

4



## Serve up

- While gyozas are cooking, in a small heatproof bowl, combine **oyster sauce**, **sweet chilli sauce**, the **water (for the sauce)** and remaining garlic paste. Microwave in **10 second** bursts, until fragrant and slightly thickened.
- Divide corn rice and garlic veggies between bowls.
- Top rice with prawn wontons. Spoon over sticky sauce.
- Sprinkle over **crispy shallots** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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