



# Quick Ginger Prawn & Sweet Chilli Stir-Fry

with Udon Noodles & Veggies

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Spring Onion



Garlic



Carrot



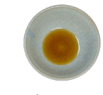
Zucchini



Oyster Sauce



Sweet Chilli Sauce



Fish Sauce & Rice Vinegar Mix



Udon Noodles



Peeled Prawns



Ginger Paste



Peeled Prawns

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



Calorie Smart

Sweet chilli sauce is a welcome addition to the juicy, ginger-spiked prawns in this dish that delivers the Thai food vibes. Udon noodles and vibrant veggies are all you need to soak up all the saucy goodness.

Eat Me First

**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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
spring onion	1 stem	2 stems
garlic	3 cloves	6 cloves
carrot	1	2
zucchini	1	2
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	2 medium packets
fish sauce & rice vinegar mix	1 packet (20g)	2 packets (40g)
<b>soy sauce*</b>	1½ tbs	3 tbs
<b>water*</b>	2 tbs	¼ cup
udon noodles	1 packet	2 packets
peeled prawns	1 packet (200g)	2 packets (400g)
ginger paste	1 medium packet	1 large packet
peeled prawns**	1 packet (200g)	2 packets (400g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1962kJ (469Cal)	400kJ (96Cal)
Protein (g)	28.7g	5.9g
Fat, total (g)	10.5g	2.1g
- saturated (g)	1.8g	0.4g
Carbohydrate (g)	59.9g	12.2g
- sugars (g)	22.5g	4.6g
Sodium (mg)	3657mg	746mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2236kJ (534Cal)	379kJ (91Cal)
Protein (g)	42.7g	7.2g
Fat, total (g)	11.5g	1.9g
- saturated (g)	1.9g	0.3g
Carbohydrate (g)	59.9g	10.2g
- sugars (g)	22.5g	3.8g
Sodium (mg)	4314mg	731mg

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



## Get prepped

- Boil the kettle.
- Roughly chop **spring onion**. Finely chop **garlic**. Thinly slice **carrot** and **zucchini** into half-moons.
- In a small bowl, combine **oyster sauce, sweet chilli sauce, fish sauce & rice vinegar mix, the soy sauce** and **water**.

**TIP:** Add less fish sauce if you're not a fan of it!



## Cook the prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **peeled prawns, carrot** and **zucchini**, tossing, until prawns are just pink and starting to curl up, **2-3 minutes**.
- Add **ginger paste, garlic** and **spring onion**. Cook, tossing, until fragrant, **1-2 minutes**.
- Add cooked **noodles** and **sweet chilli mixture**. Toss to combine, then remove from heat.

**Custom Recipe:** If you've doubled your prawns, cook prawns in batches for best results. Return all prawns to pan before adding the veggies.



## Cook the noodles

- Half-fill a medium saucepan with boiling water.
- Add **udon noodles** and cook over medium-high heat until tender, **3-4 minutes**. In the last **minute** of cook time, gently stir **noodles** with a fork to separate.
- Drain and rinse **noodles**, then return to saucepan.



## Serve up

- Divide ginger prawn and sweet chilli stir-fried noodles between bowls to serve. Enjoy!

## Rate your recipe

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