



# Prawn Wontons & Sichuan Garlic Noodles

with Veggies & Crispy Shallots

NEW

Grab your Meal Kit with this symbol



Egg Noodles



Sichuan Garlic Paste



Prawn & Chive Wontons



Carrot & Zucchini Mix



Baby Spinach Leaves



Crispy Shallots



Prawn & Chive Wontons

Prep in: 10-20 mins  
Ready in: 25-35 mins



Calorie Smart\*

\*Custom recipe is not Calorie Smart

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 egg noodles that are oozing with umami flavours in every bite and then dive into the wontons which are our fave; prawn and chive.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), 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 with a lid (or foil)

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
egg noodles	1 packet	2 packets
Sichuan garlic paste	1 packet	2 packets
<b>water*</b> (for the sauce)	¼ cup	½ cup
<b>vinegar*</b> (white wine or rice wine)	1 tsp	2 tsp
<b>soy sauce*</b>	2 tbs	¼ cup
prawn & chive wontons	1 packet	2 packets
<b>water*</b> (for the wontons)	¼ cup	½ cup
carrot & zucchini mix	1 medium bag	1 large bag
baby spinach leaves	1 small bag	1 medium bag
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)	2555kJ (611Cal)	608kJ (145Cal)
Protein (g)	22.3g	5.3g
Fat, total (g)	15.3g	3.6g
- saturated (g)	3.4g	0.8g
Carbohydrate (g)	103g	24.5g
- sugars (g)	18.5g	4.4g
Sodium (mg)	1737mg	413mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3527kJ (843Cal)	653kJ (156Cal)
Protein (g)	33.7g	6.2g
Fat, total (g)	22.2g	4.1g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	134.3g	24.8g
- sugars (g)	21.1g	3.9g
Sodium (mg)	2228mg	412mg

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 noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and set aside.
- Meanwhile, in a small bowl, combine **Sichuan garlic paste**, the **water (for the sauce)**, **vinegar** and **soy sauce**.

3



## Stir-fry the veggies

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot & zucchini mix**, stirring, until tender, **4-5 minutes**.
- Remove from heat, then add **baby spinach leaves**, **cooked noodles** and **Sichuan sauce mixture**, stirring to combine.

2



## Cook the wontons

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **prawn & chive wontons** until starting to brown, **1-2 minutes**.
- Add the **water (for the wontons)** (watch out, it may spatter!), then cover with foil or a lid.
- Cook until the water has evaporated and wontons are tender and heated through, **4-5 minutes**. Transfer to a plate and cover to keep warm.

**Custom Recipe:** If you've doubled your prawn & chive wontons, cook wontons, as above, in batches if your pan is getting crowded.

4



## Serve up

- Divide Sichuan garlic noodles between bowls.
- Top with prawn wontons and **crispy shallots** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)