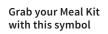


# Prawn Wontons & Sichuan Garlic Noodles

with Veggies & Crispy Shallots

NEW









Egg Noodles



Prawn & Chive



Wontons

Carrot & Zucchini





Crispy Shallots

Baby Spinach Leaves





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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
egg noodles	1 packet	2 packets		
Sichuan garlic paste	1 packet	2 packets		
water* (for the sauce)	1/4 cup	½ cup		
vinegar* (white wine or rice wine)	1 tsp	2 tsp		
soy sauce*	2 tbs	1/4 cup		
prawn & chive wontons	1 packet	2 packets		
water* (for the wontons)	1/4 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)	<b>3527kJ</b> (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 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





#### 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.



# 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.



#### 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.



# Serve up

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