



# Pan-Fried Prawn Wontons & Sweet Bean Sauce

with Garlic Rice & Veggies

NEW

Grab your Meal Kit with this symbol



Garlic Paste



Jasmine Rice



Sweetcorn



Broccoli & Carrot Mix



Prawn & Chive Wontons



Sweet Black Bean Sauce



Soy Sauce Mix



Mixed Sesame Seeds



Prawn & Chive Wontons

Prep in: 5-15 mins  
Ready in: 30-40 mins

Eat Me First

Create this Asian fusion dish in a flash with this straightforward 4 step recipe! Enjoy pillowy wontons stuffed with prawn and chive, soaking in a rich black bean and soy sauce mixture, perfectly complimented by fluffy, garlic rice.

**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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>butter*</b>	20g	40g
garlic paste	1 packet	2 packets
<b>water*</b> (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
sweetcorn	1 tin	1 tin
broccoli & carrot mix	1 medium bag	1 large bag
prawn & chive wontons	1 packet	2 packets
<b>water*</b> (for the wontons)	¼ cup	½ cup
sweet black bean sauce	1 packet	2 packets
soy sauce mix	½ sachet	1 sachet
mixed sesame seeds	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)	3139kJ (750Cal)	773kJ (185Cal)
Protein (g)	23g	5.7g
Fat, total (g)	21.9g	5.4g
- saturated (g)	8.1g	2g
Carbohydrate (g)	111.6g	27.5g
- sugars (g)	15.3g	3.8g
Sodium (mg)	1510mg	372mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4111kJ (983Cal)	782kJ (187Cal)
Protein (g)	34.4g	6.5g
Fat, total (g)	28.8g	5.5g
- saturated (g)	9.2g	1.7g
Carbohydrate (g)	142.9g	27.2g
- sugars (g)	18g	3.4g
Sodium (mg)	2001mg	380mg

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 rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook half the **garlic paste** until fragrant, **1-2 minutes**. Add the **water (for the rice)** and a generous pinch of **salt** 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!

3



## Cook the prawn wontons

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- 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 a lid or foil.
- Cook until the water has evaporated and wontons are tender and heated through, **4-5 minutes**.

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

2



## Cook the veggies

- When rice has **15 minutes** remaining, drain **sweetcorn**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **broccoli & carrot mix** and **corn**, stirring, until tender, **5-6 minutes**.
- Add remaining **garlic paste** and cook until fragrant, **1 minute**. Transfer to a bowl. Season and cover to keep warm.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.

4



## Serve up

- While wontons are cooking, in a small heatproof bowl, combine **sweet black bean sauce**, **soy sauce mix** (see ingredients) and a splash of water. Microwave until heated through, 30 seconds.
- Divide garlic rice and veggies between bowls.
- Top with pan-fried prawn wontons.
- Drizzle over sweet black bean sauce and sprinkle with **mixed sesame seeds** to serve. Enjoy!

## Rate your recipe

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