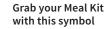


# Pan-Fried Prawn Wontons & Sweet Bean Sauce

with Garlic Rice & Veggies

NEW















Sweetcorn



Prawn & Chive



Sweet Black

Bean Sauce

Wontons



Soy Sauce



Mixed Sesame

Seeds





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

9			
2 People	4 People		
refer to method	refer to method		
20g	40g		
1 packet	2 packets		
1¼ cups	2½ cups		
1 medium packet	1 large packet		
1 tin	1 tin		
1 medium bag	1 large bag		
1 packet	2 packets		
1/4 cup	½ cup		
1 packet	2 packets		
½ sachet	1 sachet		
1 medium packet	1 large packet		
1 packet	2 packets		
	refer to method 20g 1 packet 1¼ cups 1 medium packet 1 tin 1 medium bag 1 packet 1⁄4 cup 1 packet 1⁄2 sachet 1 medium packet		

<sup>\*</sup>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)	<b>4111kJ</b> (983Cal)	<b>782kJ</b> (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.

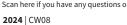
## Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo 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 rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over
- · 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!



# 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.



# 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.



# 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

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

