



# Prawn Wontons & Asian-Spiced Pumpkin Salad

with Japanese Style Dressing

SUMMER SALADS

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Peeled & Chopped Pumpkin



Asian BBQ Seasoning



Prawn & Chive Wontons



Shredded Cabbage Mix



Baby Spinach Leaves



Japanese Style Dressing



Prawn & Chive Wontons

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

Calorie Smart

Eat Me First

Pillowy soft wontons packed with flavour pair perfectly with a refreshingly crisp, cabbage slaw bursting with sweet pumpkin and tangy dressing.

**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

Oven tray lined with baking paper · Large frying pan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
peeled & chopped pumpkin	1 small packet	1 medium packet
Asian BBQ seasoning	1 sachet	2 sachets
prawn & chive wontons	1 packet	2 packets
<b>water*</b>	¼ cup	½ cup
shredded cabbage mix	1 medium packet	1 large packet
baby spinach leaves	1 medium packet	1 large packet
<b>soy sauce*</b>	½ tbs	1 tbs
Japanese style dressing	1 packet	2 packets
prawn & chive wontons**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1691kJ (404Cal)	419kJ (100Cal)
Protein (g)	17.5g	4.3g
Fat, total (g)	13.7g	3.4g
- saturated (g)	1.8g	0.4g
Carbohydrate (g)	52.6g	13g
- sugars (g)	19.3g	4.8g
Sodium (mg)	1573mg	389mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2704kJ (646Cal)	511kJ (122Cal)
Protein (g)	29.3g	5.5g
Fat, total (g)	20.8g	3.9g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	85.2g	16.1g
- sugars (g)	22g	4.2g
Sodium (mg)	2084mg	394mg

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



## Roast the veggies

- Preheat oven to **240°C/220°C fan forced**.
- Cut **carrot** into bite-sized chunks.
- Place **peeled & chopped pumpkin** and **carrot** on a lined oven tray.
- Sprinkle with **Asian BBQ seasoning**, drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**. Allow to cool slightly.

3



## Toss the slaw

- When veggies have cooled slightly, add **shredded cabbage mix**, **baby spinach leaves**, the **soy sauce** and a drizzle of **olive oil** to the tray.
- Toss to combine and season with **pepper**.

2



## Cook the wontons

- When pumpkin has **5 minutes** remaining, 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** (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 in batches if your pan is getting crowded.

4



## Serve up

- Divide Asian-spiced roast pumpkin salad between bowls.
- Top with prawn wontons.
- Drizzle with **Japanese style dressing** to serve. Enjoy!

## Rate your recipe

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