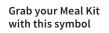


Ginger Prawn & Sweet Chilli Stir-Fry with Udon Noodles & Veggies

FEEL-GOOD TAKEAWAY

CLIMATE SUPERSTAR













Carrot



Zucchini



Oyster Sauce



Udon Noodles

Fish Sauce & Rice Vinegar Mix



Peeled Prawns



Ginger Paste





Prep in: 15-25 mins Ready in: 15-25 mins



Sweet chilli sauce is a welcome addition to the juicy, ginger-spiked prawns in this dish that delivers the Thai food vibes. Udon noodles and vibrant veggies are all you need to soak up all the saucy goodness.



Olive Oil, Soy Sauce

Pantry items

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

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
spring onion	1 stem	2 stems		
garlic	3 cloves	6 cloves		
carrot	1	2		
zucchini	1	2		
oyster sauce	1 medium packet	1 large packet		
sweet chilli sauce	1 medium packet	2 medium packets		
fish sauce & rice vinegar mix	1 medium packet	2 medium packets		
soy sauce*	1½ tbs	3 tbs		
water*	2 tbs	1/4 cup		
udon noodles	1 packet	2 packets		
peeled prawns	1 packet	2 packets		
ginger paste	1 medium packet	1 large packet		
peeled prawns**	1 packet	2 packets		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1948kJ (466Cal)	402kJ (96Cal)
Protein (g)	28g	5.8g
Fat, total (g)	10.7g	2.2g
- saturated (g)	2.3g	0.5g
Carbohydrate (g)	60.9g	12.6g
- sugars (g)	23.5g	4.8g
Sodium (mg)	3625mg	747mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2208kJ (528Cal)	381kJ (91Cal)
Protein (g)	41.3g	7.1g
Fat, total (g)	11.6g	2g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	61.8g	10.7g
- sugars (g)	24.4g	4.2g
Sodium (mg)	4249mg	733mg

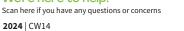
The quantities provided above are averages only.

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.







Get prepped

- · Boil the kettle.
- Roughly chop spring onion. Finely chop garlic. Thinly slice carrot and zucchini into half-moons.
- In a small bowl, combine oyster sauce, sweet chilli sauce, fish sauce & rice vinegar mix, the soy sauce and water.

TIP: Add less fish sauce if you're not a fan of it!



Cook the prawns

- While the noodles are cooking, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook peeled prawns, carrot and zucchini, tossing, until prawns are just pink and starting to curl up, 2-3 minutes.
- Add ginger paste, garlic and spring onion. Cook, tossing, until fragrant, 1-2 minutes.
- Add cooked noodles and sweet chilli mixture. Toss to combine, then remove from heat.

Custom Recipe: If you've doubled your peeled prawns, cook prawns in batches for best results. Return all prawns to pan before adding the veggies.



Cook the noodles

- Half-fill a medium saucepan with boiling water.
- Add udon noodles and cook over medium-high heat until tender, **3-4 minutes**. In the **last minute** of cook time, gently stir **noodles** with a fork to separate.
- Drain and rinse **noodles**, then return to saucepan.



Serve up

• Divide ginger prawn and sweet chilli stir-fry noodles between bowls to serve. Enjoy!