



Ginger Prawn & Sweet Chilli Stir-Fry

with Udon Noodles & Veggies

FEEL-GOOD TAKEAWAY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Spring Onion



Garlic



Carrot



Zucchini



Oyster Sauce



Sweet Chilli Sauce



Fish Sauce & Rice Vinegar Mix



Udon Noodles



Peeled Prawns



Ginger Paste



Peeled Prawns

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

Calorie Smart

Eat Me First

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.

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

Medium saucepan · Large frying pan

Ingredients

	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	¼ 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.

We're here to help!

Scan here if you have any questions or concerns



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!

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate