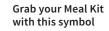


Ginger Prawn & Sesame Ponzu Noodle Salad with Crispy Shallots

FAST & FANCY

CLIMATE SUPERSTAR









Egg Noodles



Peeled Prawns

Spring Onion



Cornflour

Ginger Paste





Mixed Salad

Leaves

Slaw Mix





Dressing

Sesame Dressing



Ponzu



Crispy Shallots

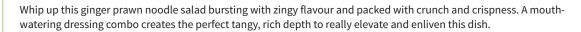


Coriander

Prep in: 10-20 mins Ready in: 20-30 mins

Eat Me First







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
egg noodles	1 medium packet	2 medium packets
pea pods	1 small packet	1 medium packet
spring onion	1 stem	2 stems
peeled prawns	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
cornflour	1 medium sachet	1 large sachet
slaw mix	1 small packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
sesame dressing	2 medium packets	4 medium packets
Japanese style dressing	1 medium packet	2 medium packets
ponzu	1 large packet	2 large packets
soy sauce*	1 tbs	2 tbs
	1 medium sachet	1 large sachet
crispy shallots	1 medium sachet	1 large sacriet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2545kJ (608Cal)	612kJ (146Cal)
Protein (g)	24.9g	6g
Fat, total (g)	24.3g	5.8g
- saturated (g)	4g	1g
Carbohydrate (g)	79.9g	19.2g
- sugars (g)	14.9g	3.6g
Sodium (mg)	2844mg	684mg

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.



Cook the egg noodles & get prepped

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook egg noodles over medium-high heat, stirring occasionally with a fork to separate, until tender, 4-5 minutes.
- Drain, rinse and transfer to a large bowl. Drizzle with olive oil.
- Meanwhile, trim and thinly slice **pea pods** lengthways.
- Thinly slice **spring onion**.
- In a medium bowl, combine peeled prawns, ginger paste and a drizzle of olive oil.



Cook the prawns

- Add cornflour and a generous pinch of salt and pepper to bowl with prawns, toss to coat.
- In a large frying pan, heat a generous drizzle of olive oil over mediumhigh heat. When oil is hot, cook **prawns**, tossing, until golden and cooked through, **3-4 minutes**. Transfer to a paper towel-lined plate.



Toss the noodle salad

- Meanwhile, add slaw mix, mixed salad leaves, pea pods, spring onion, sesame dressing, Japanese style dressing, ponzu and the soy sauce to bowl with noodles.
- · Toss to combine and season to taste.

TIP: Add a splash of water if the noodles look too dry.



Serve up

- Divide sesame ponzu noodle salad between bowls. Top with ginger prawns.
- Sprinkle with **crispy shallots** and tear over **coriander** to serve. Enjoy!



