



Ginger Prawn & Sesame Ponzu Noodle Salad

with Crispy Shallots

FAST & FANCY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Egg Noodles



Pea Pods



Spring Onion



Peeled Prawns



Ginger Paste



Cornflour



Slaw Mix



Mixed Salad Leaves



Sesame Dressing



Japanese Style Dressing



Ponzu



Crispy Shallots



Coriander

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

Calorie Smart

Eat Me First

Whip up this ginger prawn noodle salad bursting with zingy flavour and packed with crunch and crispness. A mouth-watering dressing combo creates the perfect tangy, rich depth to really elevate and enliven this dish.

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
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
crispy shallots	1 medium sachet	1 large sachet
coriander	1 packet	1 packet

*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.

1



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**.

3



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.

2



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 medium-high heat. When oil is hot, cook **prawns**, tossing, until golden and cooked through, **3-4 minutes**. Transfer to a paper towel-lined plate.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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