



Prawn Wonton & Veggie Soup

with Udon Noodles & Sesame Seeds

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Asian Greens



Broccoli & Carrot Mix



Chicken Stock Pot



Oyster Sauce



Udon Noodles



Prawn & Chive Wontons



Sesame Oil Blend



Mixed Sesame Seeds



Prawn & Chive Wontons

Prep in: 15-25 mins
Ready in: 20-30 mins



Calorie Smart*
**Custom recipe is not Calorie Smart*

All you need is a pan to create this tasty Asian fusion dish! Slurp up the udon noodles that are oozing with umami flavours in every bite and then dive into the wontons which are our fave; prawn and chive.

Eat Me First

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

Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
Asian greens	1 medium packet	2 medium packets
broccoli & carrot mix	1 medium packet	1 large packet
boiling water*	2 cups	4 cups
chicken stock pot	1 packet	2 packets
oyster sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
udon noodles	1 packet	2 packets
prawn & chive wontons	1 packet	2 packets
sesame oil blend	1 medium packet	2 medium packets
mixed sesame seeds	1 medium sachet	1 large sachet
prawn & chive wontons**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2697kJ (645Cal)	572kJ (137Cal)
Protein (g)	26.7g	5.7g
Fat, total (g)	21.4g	4.5g
- saturated (g)	3.5g	0.7g
Carbohydrate (g)	80.4g	17g
- sugars (g)	13.4g	2.8g
Sodium (mg)	2975mg	631mg
Dietary Fibre (g)	13.9g	2.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3709kJ (886Cal)	621kJ (148Cal)
Protein (g)	38.6g	6.5g
Fat, total (g)	28.6g	4.8g
- saturated (g)	4.6g	0.8g
Carbohydrate (g)	113g	18.9g
- sugars (g)	16.1g	2.7g
Sodium (mg)	3486mg	584mg
Dietary Fibre	14.3g	2.4g

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



1



Cook the veggies

- Boil the kettle.
- Finely chop **garlic**.
- Roughly chop **Asian greens**.
- In a large saucepan, heat a drizzle of **olive oil** over high heat. Cook **broccoli & carrot mix**, tossing, until tender, **4-6 minutes**.
- Add **Asian greens** and **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a bowl and set aside.

3



Cook the noodles & wontons

- Add **udon noodles** and **prawn & chive wontons**, then cover with a lid.
- Reduce to a simmer and cook until noodles and wontons are tender, **4-5 minutes**.
- In the **last minute**, gently stir **noodles** with a fork to separate. Stir in **sesame oil blend** and return **cooked veggies** to pan.

Custom Recipe: If you've doubled your prawn & chive wontons, bring another large saucepan of water to the boil. Add wontons and cook, covering with a lid for 4-5 minutes. Continue as above, adding cooked wontons to the saucepan with the udon noodles.

2



Add the flavourings

- To the saucepan, add the **boiling water** (2 cups for 2 people / 4 cups for 4 people), **chicken stock pot**, **oyster sauce** and the **soy sauce**.
- Bring to the boil.

4



Serve up

- Divide prawn wonton and veggie soup with udon noodles between bowls.
- Top with **mixed sesame seeds** to serve. Enjoy!

Rate your recipe

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