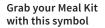


# Quick Ginger Prawn & Sweet Chilli Stir-Fry with Udon Noodles & Veggies

EXPLORER

CLIMATE SUPERSTAR















Carrot

Zucchini





**Oyster Sauce** 

Sweet Chill



Fish Sauce & Rice Vinegar Mix

**Udon Noodles** 





Peeled Prawns



**Pantry items** Olive Oil, Soy Sauce

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.



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		
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	½ 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		

<sup>\*</sup>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
Dietary Fibre (g)	14g	2.9g

#### **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
Dietary Fibre	14.9g	2.6g

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.



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!