



# Golden Prawn Wontons & Oyster Sauce Noodles

with Veggies & Garlic-Chilli Oil

COSY COMFORTS

NEW

Grab your Meal Kit with this symbol



Egg Noodles



Prawn & Chive Wontons



Garlic



Long Chilli (Optional)



Carrot & Zucchini Mix



Asian BBQ Seasoning



Oyster Sauce



Sesame Oil Blend



Prawns & Chive Wontons



THE GARFIELD MOVIE

EXCLUSIVELY IN CINEMAS

IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD!

Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

Prep in: 5-15 mins  
Ready in: 20-30 mins

Warm up with tender egg noodles soaking in a tangy sauce, complete with pillowy wontons. Tuck into the snuggliest and cosiest meals on the market to combat the cooler weather.

**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 with a lid (or foil)

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
egg noodles	1 medium packet	2 medium packets
prawn & chive wontons	1 packet	2 packets
<b>water*</b> (for the wontons)	¼ cup	½ cup
garlic	1 clove	2 cloves
long chilli  (optional)	½	1
carrot & zucchini mix	1 medium packet	1 large packet
Asian BBQ seasoning	1 medium sachet	2 medium sachets
oyster sauce	1 medium packet	1 large packet
<b>water*</b> (for the sauce)	⅓ cup	⅔ cup
<b>soy sauce*</b>	1 tsp	2 tsp
sesame oil blend	1 medium packet	2 medium packets
prawn & chive wontons**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2855kJ (682Cal)	683kJ (163Cal)
Protein (g)	22.6g	5.4g
Fat, total (g)	19.9g	4.8g
- saturated (g)	3.1g	0.7g
Carbohydrate (g)	103.2g	24.7g
- sugars (g)	17.8g	4.3g
Sodium (mg)	3184mg	761mg
Dietary Fibre (g)	12.1g	2.9g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3868kJ (924Cal)	712kJ (170Cal)
Protein (g)	34.5g	6.4g
Fat, total (g)	27g	5g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	135.8g	25g
- sugars (g)	20.6g	3.8g
Sodium (mg)	3695mg	680mg
Dietary Fibre	12.5g	2.3g

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](https://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



## Cook the egg noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **egg noodles** in the boiling water over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse and set aside.



## Cook the veggies

- While wontons are cooking, finely chop **garlic** and **long chilli** (if using).
- Return frying pan to high heat with a drizzle of **olive oil**. Cook **carrot & zucchini mix**, tossing, until tender, **4-5 minutes**.
- Reduce heat to medium, add **Asian BBQ seasoning** and cook until fragrant, **1 minute**.
- Remove from heat, then stir in **oyster sauce**, the **water (for the sauce)** and **cooked noodles**, until combined.



## Cook the prawn wontons

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **prawn & chive wontons** until starting to brown, **1-2 minutes**.
- Add the **water (for the wontons)** (watch out, it may spatter!), then cover with foil or a lid.
- Cook until the water has evaporated and wontons are tender and heated through, **4-5 minutes**. Transfer to a plate and cover to keep warm.

**Custom Recipe:** If you've doubled your prawn & chive wontons, cook wontons in batches for best results.



## Serve up

- Meanwhile, in a small heatproof bowl, combine garlic, **long chilli**, the **soy sauce** and **sesame oil blend**. Microwave until fragrant, **30 second** bursts.
- Divide oyster sauce noodles between bowls.
- Top with golden prawn wontons. Spoon garlic-chilli oil over wontons to serve. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback!  
Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)