



# Golden Prawn Wontons & Spinach Rice

with Quick-Prep Garlic Veggies & Crispy Shallots

COSY COMFORTS

Grab your Meal Kit with this symbol



Basmati Rice



Baby Spinach Leaves



Broccoli & Carrot Mix



Garlic Paste



Prawn & Chive Wontons



Oyster Sauce



Sweet Chilli Sauce



Crispy Shallots



Prawn & Chive Wontons

### Recipe Update

We've replaced the sweetcorn in this recipe with baby spinach leaves due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



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: 15-25 mins  
Ready in: 35-45 mins

Eat Me First

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter

## 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 with a lid · Large frying pan with a lid (or foil)

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b> (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
<b>butter*</b>	20g	40g
broccoli & carrot mix	1 medium packet	1 large packet
garlic paste	1 medium packet	2 medium packets
prawn & chive wontons	1 packet	2 packets
<b>water*</b> (for the wontons)	¼ cup	½ cup
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
<b>water*</b> (for the sauce)	¼ cup	½ cup
crispy shallots	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)	3010kJ (719Cal)	802kJ (192Cal)
Protein (g)	19.4g	5.2g
Fat, total (g)	21.4g	5.7g
- saturated (g)	8.8g	2.3g
Carbohydrate (g)	117.6g	31.3g
- sugars (g)	19.9g	5.3g
Sodium (mg)	1989mg	530mg
Dietary Fibre (g)	9.9g	2.6g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4023kJ (962Cal)	804kJ (192Cal)
Protein (g)	31.3g	6.3g
Fat, total (g)	28.5g	5.7g
- saturated (g)	9.9g	2g
Carbohydrate (g)	150.2g	30g
- sugars (g)	22.6g	4.5g
Sodium (mg)	2500mg	500mg
Dietary Fibre (g)	10.3g	2.1g

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.

1



## Cook the spinach rice

- Add the **water (for the rice)** to a medium saucepan and bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and all the water has absorbed, **10 minutes**.
- Meanwhile, roughly chop **baby spinach leaves**.
- Stir the **butter** and **spinach** through the rice, until combined and wilted. Season to taste.

**TIP:** The rice will finish cooking in its own steam, so don't peek!

3



## Cook the prawn wontons

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, add **prawn & chive wontons**, flat-side down, in a single layer.
- Cook until starting to brown, **1-2 minutes**. Add the **water (for the wontons)** (watch out, it may spatter!) and cover with foil or a lid.
- Cook until the water has evaporated and wontons are tender and softened, **4-5 minutes**.

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

2



## Cook the veggies

- While the rice is cooking, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **broccoli & carrot mix**, tossing, until tender, **5-6 minutes**.
- Add half the **garlic paste** and cook until fragrant, **1 minute**. Season to taste. Transfer to serving bowls and set aside.

**TIP:** Add a dash of water to the pan to help speed up the cooking process.

4



## Serve up

- While wontons are cooking, in a small microwave-safe bowl, combine **oyster sauce**, **sweet chilli sauce**, the **water (for the sauce)** and remaining garlic paste. Microwave in **10 second** bursts, until fragrant and slightly thickened.
- Divide rice and garlic veggies between bowls.
- Top rice with prawn wontons. Spoon over sauce.
- Sprinkle over **crispy shallots** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW22

