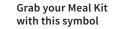


# Golden Prawn Wontons & Spinach Rice

with Quick-Prep Garlic Veggies & Crispy Shallots

COSY COMFORTS













Garlic Paste



Prawn & Chive



Wontons



Sweet Chilli



Crispy Shallots

Sauce





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!

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

Eat Me First

**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.

> Curl up with this delectable bowl brimming with sweet and tangy flavours for an Asian fusion flavour sensation. Pillowy wontons stuffed with prawn and chives sit atop a bed of fluffy, spinach-speckled rice and garlicky veggies.

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

**Pantry items** Olive Oil, Butter

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#### 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

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
water* (for the rice)	1½ cups	3 cups		
basmati rice	1 medium packet	1 large packet		
baby spinach leaves	1 small packet	1 medium packet		
butter*	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		
water* (for the wontons)	1/4 cup	½ cup		
oyster sauce	1 medium packet	1 large packet		
sweet chilli sauce	1 small packet	1 medium packet		
water* (for the sauce)	1/4 cup	½ cup		
crispy shallots	1 medium sachet	1 large sachet		
prawn & chive wontons**	1 packet	2 packets		

<sup>\*</sup>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 Pooino		

#### Sustom 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	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 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!



#### 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.



# 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.



### 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!

