



# Chinese-Spiced Prawn Wonton & Veggie Soup with Spring Onion

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Green Beans



Spring Onion



Broccoli & Carrot Mix



Asian BBQ Seasoning



Ginger Paste



Oyster Sauce



Prawn & Chive Wontons



Chilli Flakes (Optional)



Prawn & Chive Wontons

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

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

Eat Me First

By the time you are done with this one, we can guarantee that each and every bowl will be licked clean. How could they not be, when we've paired Asian BBQ veggies with tasty prawn & chive wontons? Delish!

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

### Pantry items

Olive Oil, Soy Sauce, Vinegar (White Wine or Rice Wine)

## 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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
green beans	1 small packet	1 medium packet
spring onion	1 stem	2 stems
broccoli & carrot mix	1 medium packet	1 large packet
Asian BBQ seasoning	1 medium sachet	2 medium sachets
<b>soy sauce*</b>	1 tbs	2 tbs
ginger paste	1 medium packet	1 large packet
<b>boiling water*</b>	2½ cups	5 cups
oyster sauce	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or rice wine)	1½ tsp	3 tsp
prawn & chive wontons	1 packet	2 packets
chilli flakes  (optional)	pinch	pinch
prawn & chive wontons**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1463kJ (350Cal)	486kJ (116Cal)
Protein (g)	15.5g	5.1g
Fat, total (g)	9.1g	3g
- saturated (g)	1.6g	0.5g
Carbohydrate (g)	50.9g	16.9g
- sugars (g)	16g	5.3g
Sodium (mg)	2513mg	835mg
Dietary Fibre (g)	4.6g	1.5g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2475kJ (592Cal)	581kJ (139Cal)
Protein (g)	27.4g	6.4g
Fat, total (g)	16.2g	3.8g
- saturated (g)	2.7g	0.6g
Carbohydrate (g)	83.6g	19.6g
- sugars (g)	18.8g	4.4g
Sodium (mg)	3024mg	710mg
Dietary Fibre (g)	5g	1.2g

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



## Get prepped

- Boil the kettle.
- Trim and roughly chop **green beans**.
- Thinly slice **spring onion**.



## Finish the soup

- Once soup is boiling, add **prawn & chive wontons** then reduce to a simmer and cook, uncovered, until tender and heated through, **4-5 minutes**. Season to taste.

**Custom Recipe:** If you've doubled your prawn & chive wontons, cook wontons in batches, as above.



## Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over high heat.
- Cook **broccoli & carrot mix** and **green beans**, tossing, until tender, **6-7 minutes**.
- Add **Asian BBQ seasoning**, the **soy sauce** and **ginger paste** and cook, stirring, until fragrant, **1 minute**.
- Stir in the **boiling water**, **oyster sauce** and the **vinegar** and bring to the boil.

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



## Serve up

- Divide Chinese prawn and chive wontons and veggie soup between bowls.
- Top with spring onion and a pinch of **chilli flakes** (if using) to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)