



Chinese-Spiced Prawn Wonton & Veggie Soup with Spring Onion

CLIMATE SUPERSTAR

Grab your meal kit
with this number

29



Green Beans



Spring Onion



Broccoli & Carrot
Mix



Asian BBQ
Seasoning



Ginger Paste



Oyster Sauce



Prawn & Chive
Wontons



Chilli Flakes
(Optional)



Prawn & Chive
Wontons



Peeled
Prawns

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

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!

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

Before you start


Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
olive oil*	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 sachet	2 sachets
ginger paste	1 medium packet	1 large packet
boiling water*	2½ cups	5 cups
oyster sauce	1 medium packet	1 large packet
vinegar* (white wine or rice wine)	1 tsp	2 tsp
prawn & chive wontons	1 packet	2 packets
chilli flakes  (optional)	pinch	pinch

*Pantry Items

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

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.



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.



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** and **ginger paste** and cook, stirring, until fragrant, **1 minute**.
- Stir in the **boiling water** (2½ cups for 2 people / 5 cups for 4 people), **oyster sauce** and **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-spiced prawn wontons and veggie soup between bowls.
- Top with spring onion and a pinch of **chilli flakes** (if using) to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW28



CUSTOM OPTIONS



DOUBLE PRAWN & CHIVE WONTONS

Follow method above, cooking in batches if necessary.



SWAP TO PEELED PRAWNS

Bring soup to a simmer, add prawns and cook until pink and starting to curl up, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

