



# Quick Prawn Wonton & Easy-Prep Veggie Soup

with Udon Noodles & Sesame Seeds

Grab your meal kit with this number

29



Green Veg Mix



Garlic Paste



Chicken Stock Pot



Oyster Sauce



Udon Noodles



Prawn & Chive Wontons



Sesame Oil Blend



Mixed Sesame Seeds



Prawn & Chive Wontons



Chicken Breast

Prep in: 10-20 mins  
Ready in: 15-25 mins



All you need is one pan to create an Asian fusion dish all from the comfort of your own kitchen. Slurp up the udon noodles that are oozing with umami flavours in every bite and then dive into the wontons which are our fave; prawn and chive.

### Pantry items

Olive Oil, Soy Sauce



## 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 with a lid

## Ingredients

|                       | 2 People        | 4 People        |
|-----------------------|-----------------|-----------------|
| <b>olive oil*</b>     | refer to method | refer to method |
| green veg mix         | 1 medium packet | 1 large packet  |
| garlic paste          | 1 packet        | 2 packets       |
| <b>boiling water*</b> | 2 cups          | 4 cups          |
| chicken stock pot     | 1 packet        | 2 packets       |
| oyster sauce          | 1 medium packet | 1 large packet  |
| <b>soy sauce*</b>     | 1 tbs           | 2 tbs           |
| udon noodles          | 1 packet        | 2 packets       |
| prawn & chive wontons | 1 packet        | 2 packets       |
| sesame oil blend      | 1 packet        | 2 packets       |
| mixed sesame seeds    | 1 medium sachet | 1 large sachet  |

\*Pantry Items

## Nutrition

| Avg Qty           | Per Serving     | Per 100g       |
|-------------------|-----------------|----------------|
| Energy (kJ)       | 2714kJ (649Cal) | 582kJ (139Cal) |
| Protein (g)       | 28.2g           | 6.1g           |
| Fat, total (g)    | 22.2g           | 4.8g           |
| - saturated (g)   | 3.5g            | 0.8g           |
| Carbohydrate (g)  | 79.6g           | 17.1g          |
| - sugars (g)      | 10.8g           | 2.3g           |
| Sodium (mg)       | 2677mg          | 574mg          |
| Dietary Fibre (g) | 14.5g           | 3.1g           |

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 greens

- Boil the kettle.
- In a large saucepan, heat a drizzle of **olive oil** over high heat. Cook **green veg mix**, tossing, until tender, **4-6 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**. Transfer to a bowl and set aside.

3



## Finish the soup

- Add **udon noodles** and **prawn & chive wontons**, then cover with a lid.
- Reduce to a simmer and cook until noodles and wontons are tender, **4-5 minutes**.
- In the **last minute**, gently stir **noodles** with a fork to separate. Stir in **sesame oil blend** and return cooked veggies.

2



## Start the soup

- Add the **boiling water** (2 cups for 2 people / 4 cups for 4 people), **chicken stock pot**, **oyster sauce** and the **soy sauce**.
- Bring to the boil.

4



## Serve up

- Divide prawn wonton and udon noodle soup with garlicky veggies between bowls.
- Top with **mixed sesame seeds** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



### CUSTOM OPTIONS



#### DOUBLE PRAWN & CHIVE WONTONS

Follow method above, cooking in batches if necessary.



#### ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

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

