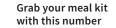


Prawn Wonton & Veggie Soup with Udon Noodles & Sesame Seeds

CLIMATE SUPERSTAR













Broccoli & Carrot





Chicken Stock





Oyster Sauce



Prawn & Chive



Udon Noodles

Wontons





Mixed Sesame



Seeds





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

Eat Me First



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
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
Asian greens	1 packet	2 packets
broccoli & carrot mix	1 medium packet	1 large packet
boiling water*	2 cups	4 cups
chicken stock pot	1 packet	2 packets
oyster sauce	1 medium packet	1 large packet
soy sauce*	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)	2697kJ (645Cal)	572kJ (137Cal)
Protein (g)	26.7g	5.7g
Fat, total (g)	21.4g	4.5g
- saturated (g)	3.5g	0.7g
Carbohydrate (g)	80.4g	17g
- sugars (g)	13.4g	2.8g
Sodium (mg)	2975mg	631mg
Dietary Fibre (g)	13.9g	2.9g

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 veggies

- · Boil the kettle.
- Finely chop garlic.
- · Roughly chop Asian greens.
- In a large saucepan, heat a drizzle of olive oil over high heat. Cook broccoli & carrot mix, tossing, until tender, 4-6 minutes.
- Add Asian greens and garlic and cook until fragrant, 1-2 minutes.
 Transfer to a bowl and set aside.



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 to the saucepan and return to high heat.
- · Bring to the boil.



Cook the noodles & wonton

- 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 to pan.



Serve up

- Divide prawn wonton and veggie soup between bowls.
- Top with **mixed sesame seeds** to serve. Enjoy!







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

