

Golden Prawn Wontons & Corn Rice

with Quick-Prep Garlic Veggies & Crispy Shallots

Grab your meal kit with this number

29



Sweetcorn



Basmati Rice



Broccoli & Carrot Mix



Garlic Paste



Prawn & Chive Wonton



Oyster Sauce



Sweet Chilli Sauce



Crispy Shallots



Prawn & Chive Wonton



Peeled Prawns

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

 Eat Me First

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, corn-speckled rice and garlicky veggies.

Pantry items

Olive Oil, Butter

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

Medium saucepan with a lid · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	1 medium tin	1 large tin
water* (for the rice)	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
butter*	20g	40g
broccoli & carrot mix	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
prawn & chive wonton	1 packet	2 packets
water* (for the wontons)	¼ cup	½ cup
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 small packet	1 medium packet
water* (for the sauce)	¼ cup	½ cup
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3010kJ (719cal)	385kJ (92cal)
Protein (g)	19.4g	2.5g
Fat, total (g)	21.4g	2.7g
- saturated (g)	8.8g	1.1g
Carbohydrate (g)	117.6g	15.1g
- sugars (g)	19.9g	2.5g
Sodium (mg)	1989mg	254.7mg
Dietary Fibre (g)	10g	1.3g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW34



1



Cook the corn rice

- Drain **sweetcorn**.
- 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**.
- Stir through the **butter** and **corn**, until combined. Season with **salt** and **pepper** to taste.

TIP: The rice will finish cooking in its own steam, so don't peek!

3



Cook the 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 a lid (or foil).
- Cook until the water has evaporated and wontons are tender and softened, **4-5 minutes**.

2



Cook the garlic 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.

4



Serve up

- Meanwhile, 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 corn rice and quick-prep garlic veggies between bowls.
- Top rice with golden prawn wontons.
- Spoon over sticky sauce.
- Sprinkle over **crispy shallots** to serve. Enjoy!

CUSTOM OPTIONS



DOUBLE PRAWN & CHIVE WONTONS

Follow method above, cooking in batches if necessary.



ADD PEELED PRAWNS

Cook, tossing, 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.

