



Prawn Singapore-Style Noodles

with Pre-Prepped Veggies & Spring Onion

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your meal kit with this number

31



Egg Noodles



Broccoli & Carrot Mix



Garlic Paste



Spring Onion



Oyster Sauce



Peeled Prawns



Ginger Paste



Southeast Asian Spice Blend



Peeled Prawns



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Calorie Smart

Eat Me First

Prawns on a weeknight? Yes please! Although this delectable dish is weekend-worthy, too. We're all for the combination of succulent prawns with some zing from ginger and Southeast Asian spices. Toss them with springy egg noodles which are perfect for soaking up the sweet and savoury oyster sauce.

Pantry items

Olive Oil, Egg, Brown Sugar, 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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
egg noodles	1 packet	2 packets
egg*	1	2
broccoli & carrot mix	1 medium packet	1 large packet
garlic paste	½ medium packet	1 medium packet
spring onion	1 stem	2 stems
oyster sauce	1 medium packet	1 large packet
brown sugar*	½ tbs	1 tbs
soy sauce*	1 tbs	2 tbs
water*	⅓ cup	⅔ cup
peeled prawns	1 packet	2 packets
ginger paste	½ medium packet	1 medium packet
Southeast Asian spice blend	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1842kJ (440cal)	296kJ (71cal)
Protein (g)	27.2g	4.4g
Fat, total (g)	7.1g	1.1g
- saturated (g)	1.8g	0.3g
Carbohydrate (g)	67.1g	10.8g
- sugars (g)	11.7g	1.9g
Sodium (mg)	3250mg	521.7mg
Dietary Fibre (g)	10.9g	1.7g

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.

1



Cook the egg noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse with cold water and set aside.

3



Cook the prawns

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **peeled prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Add **ginger paste (see ingredients)** and **Southeast Asian spice blend**, then cook until fragrant, **1 minute**. Add **sauce mixture** and cook, until bubbling, **1 minute**. Remove pan from heat and return **veggies** and **noodles**, tossing until combined. Season to taste.

2



Cook the veggies

- Meanwhile, in a medium bowl, whisk the **egg** and a pinch of **salt** and **pepper**.
- 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 **garlic paste** and cook, until fragrant, **1 minute**.
- Stir in the **egg mixture** and cook, until cooked through, **1 minute**. Transfer to a bowl.
- While the veggies are cooking, thinly slice **spring onion**.
- In a small bowl, combine **oyster sauce**, the **brown sugar**, **soy sauce** and **water**. Set aside.

4



Serve up

- Divide prawn Singapore-style noodles and pre-prepped veggies between bowls.
- Top with spring onion to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW37



CUSTOM OPTIONS



DOUBLE PEELED PRAWNS

Follow method above, cooking in batches if necessary.



SWAP TO 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.

