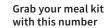


Golden Prawn Wontons & Corn Rice

with Quick-Prep Garlic Veggies & Crispy Shallots











Sweetcorn





Broccoli & Carrot



Garlic Paste



Prawn & Chive



Oyster Sauce

Wontons



Sweet Chilli



Crispy Shallots

Sauce





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

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

3			
	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 wontons	1 packet	2 packets	
water* (for the wontons)	1/4 cup	½ cup	
oyster sauce	1 medium packet	1 large packet	
sweet chilli sauce	1 small packet	1 medium packet	
water* (for the sauce)	1/4 cup	½ cup	
crispy shallots	1 medium sachet OR ½ large 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.



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 to taste with salt and pepper.

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



Cook the wontons & sauce

- 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.



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.



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!









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.

