



# Prawn Wonton & Veggie Soup

with Udon Noodles & Sesame Seeds

CLIMATE SUPERSTAR

Grab your meal kit with this number

29



Garlic



Asian Greens



Broccoli & Carrot Mix



Chicken Stock Pot



Oyster Sauce



Udon Noodles



Prawns & Chive Wontons



Sesame Oil Blend



Mixed Sesame Seeds



Japanese Tofu



Peeled Prawns

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

Calorie Smart

Eat Me First

All you need is a pan to create this tasty Asian fusion dish! 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
garlic	2 cloves	4 cloves
Asian greens	1 packet	2 packets
broccoli & carrot mix	1 medium packet	1 large packet
<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)	2697kJ (645cal)	280kJ (67cal)
Protein (g)	26.7g	2.8g
Fat, total (g)	21.4g	2.2g
- saturated (g)	3.5g	0.4g
Carbohydrate (g)	80.4g	8.4g
- sugars (g)	13.4g	1.4g
Sodium (mg)	2975mg	309.3mg
Dietary Fibre (g)	13.3g	1.4g

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.



## 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.



## Cook the noodles & wontons

- 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.



## Add the flavourings

- To saucepan, 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.



## Serve up

- Divide prawn wonton and udon noodle soup with 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 | CW42



## CUSTOM OPTIONS



### ADD JAPANESE TOFU

Cut into bite-sized chunks. Cook until browned, 3-4 minutes, set aside. Return to pan with cooked veggies.



### ADD PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes, set aside. Return to pan with cooked veggies.

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

