



Thai Satay Prawn & Ginger Noodle Stir-Fry

with Asian Veg Mix & Coriander

FAST & FANCY

Grab your meal kit with this number

22



Egg Noodles



Lime



Peeled Prawns



Sweet Chilli Sauce



Asian Stir-Fry Mix



Satay Seasoning



Sesame Oil Blend



Garlic Paste



Ginger Paste



Oyster Sauce



Crushed Peanuts



Coriander

Prep in: 5-15 mins
Ready in: 20-30 mins

Eat Me Early

This fun, fresh and fast meal is nothing short of fancy. With ginger noodles, Asian veggies and sweet chilli prawns, this Thai-style number gives you that premium vibe without the hefty price tag. This extra special dining experience awaits you in your dining room!

Pantry items

Olive Oil, Brown Sugar

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
lime	½	1
peeled prawns	1 packet	2 packets
sweet chilli sauce	1 packet	1 packet
Asian stir-fry mix	1 medium packet	2 medium packets
satay seasoning	1 sachet	2 sachets
sesame oil blend	1 packet	2 packets
garlic paste	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
oyster sauce	1 medium packet	1 large packet
brown sugar*	½ tsp	1 tsp
water*	¼ cup	½ cup
crushed peanuts	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2725kJ (651cal)	293kJ (70cal)
Protein (g)	28.7g	3.1g
Fat, total (g)	21.6g	2.3g
- saturated (g)	3.4g	0.4g
Carbohydrate (g)	82.7g	8.9g
- sugars (g)	20.2g	2.2g
Sodium (mg)	3243mg	348.3mg
Dietary Fibre (g)	15.5g	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 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 and set aside.
- Meanwhile, slice **lime** into wedges.

3



Make the noodle stir-fry

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **Asian stir-fry mix**, tossing, until tender, **2-3 minutes**.
- Add **satay seasoning**, **sesame oil blend**, **garlic paste** and **ginger paste**, then cook until fragrant, **1 minute**.
- Add cooked **egg noodles**, **oyster sauce**, the **brown sugar**, **water** and a squeeze of **lime juice**, tossing until well combined, **1 minute**. Season with **pepper**.

2



Cook the prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **peeled prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Remove pan from heat, then stir in **sweet chilli sauce** and a splash of **water**, until combined. Transfer to a plate and cover to keep warm.

4



Serve up

- Divide ginger noodle stir-fry between bowls. Top with Thai satay prawns.
- Sprinkle over **crushed peanuts** and tear over **coriander** to serve.
- Serve with any remaining lime wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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