

Easy Sticky Ginger Prawn Stir-Fry

with Udon Noodles & Green Veggies

Grab your meal kit with this number

31



Spring Onion



Garlic



Broccoli



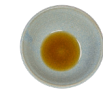
Zucchini



Oyster Sauce



Sweet Chilli Sauce



Fish Sauce & Rice Vinegar Mix



Udon Noodles



Peeled Prawns



Ginger Paste



Coriander



Peeled Prawns



Beef Rump

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

Calorie Smart

Protein Rich

Eat Me Early

Sweet chilli sauce teamed with juicy, ginger-spiked prawns deliver warmth and heartiness with refreshing Thai food vibes. Udon noodles and vibrant veggies are all you need to soak up all the saucy goodness!

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
spring onion	1 stem	2 stems
garlic	3 cloves	6 cloves
broccoli	1 head	2 heads
zucchini	1	2
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 packet	2 packets
fish sauce & rice vinegar mix	½ packet	1 packet
soy sauce*	1½ tbs	3 tbs
water*	2 tbs	¼ cup
udon noodles	1 packet	2 packets
peeled prawns	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2067kJ (494cal)	170kJ (41cal)
Protein (g)	36g	3g
Fat, total (g)	11.2g	0.9g
- saturated (g)	2.4g	0.2g
Carbohydrate (g)	58.5g	4.8g
- sugars (g)	21.2g	1.7g
Sodium (mg)	3639mg	299.5mg
Dietary Fibre (g)	18.9g	1.6g

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.



Get prepped

- Boil the kettle.
- Roughly chop **spring onion**. Finely chop **garlic**. Chop **broccoli** (including the stalk!) into small florets. Thinly slice **zucchini** into half-moons.
- In a small bowl, combine **oyster sauce**, **sweet chilli sauce**, **fish sauce & rice vinegar mix** (see ingredients), the **soy sauce** and **water**.

TIP: Add less fish sauce if you're not a fan of it!



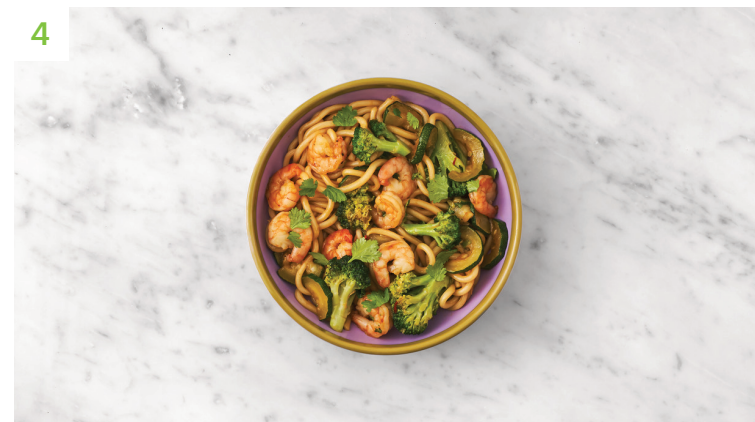
Cook the prawns

- While the noodles are cooking, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **peeled prawns**, **broccoli** and **zucchini**, tossing, until prawns are just pink and starting to curl up, **2-3 minutes**.
- Add **ginger paste**, **garlic** and **spring onion**. Cook, tossing until fragrant, **1-2 minutes**.
- Add **cooked noodles** and **sweet chilli mixture**. Toss to combine, then remove from heat.



Cook the noodles

- Half-fill a medium saucepan with boiling water.
- Add **udon noodles** and cook over medium-high heat until tender, **3-4 minutes**. In the **last minute** of cook time, gently stir **noodles** with a fork to separate.
- Drain and rinse **noodles**, then return to saucepan.



Serve up

- Divide sticky ginger prawn stir-fry between bowls.
- Tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW44



CUSTOM OPTIONS



DOUBLE PEELED PRAWNS

Follow method above, cooking in batches if necessary.



SWAP TO BEEF RUMP

Thinly slice into strips. Cook as above, for 1-2 minutes.

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

