

Prawn Wontons & Umami Garlic Noodles

with Veggies & Crispy Shallots

Grab your meal kit with this number







Egg Noodles





Prawn & Chive Wontons





Baby Spinach Leaves

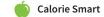


Crispy Shallots





Prep in: 10-20 mins Ready in: 25-35 mins



All you need is a pot and pan to create an Asian fusion dish all from the comfort of your own kitchen. Slurp up the egg noodles that are oozing with umami flavours in every bite and then dive into the wontons which are our fave; prawn and chive.



Olive Oil, Vinegar (White Wine or Rice Wine), 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 with a lid (or foil)

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
egg noodles	1 packet	2 packets	
Asian stir-fry sauce	1 medium packet	2 medium packets	
water* (for the sauce)	2tb	¼ cup	
vinegar* (white wine or rice wine)	1 tsp	2 tsp	
soy sauce*	1 tb	2 tb	
prawn & chive wontons	1 packet	2 packets	
water* (for the wonton)	1/4 cup	½ cup	
carrot & zucchini mix	1 medium packet	1 large packet	
baby spinach leaves	1 small packet	1 medium packet	
crispy shallots	1 medium sachet	1 large sachet	
*Pantry Items			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2432kJ (581cal)	268kJ (64cal)
Protein (g)	23.4g	2.6g
Fat, total (g)	11g	1.2g
- saturated (g)	3g	0.3g
Carbohydrate (g)	104.1g	11.5g
- sugars (g)	17.3g	1.9g
Sodium (mg)	2160mg	238.1mg
Dietary Fibre (g)	11σ	1.2σ

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 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, in a small bowl, combine Asian stir-fry sauce, the water (for the sauce), vinegar and soy sauce.



Cook the wontons

- Meanwhile, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook prawn & chive wontons until starting to brown, 1-2 minutes.
- Add the water (for the wontons) (watch out, it may spatter!), then cover with a lid (or foil).
- Cook until the water has evaporated and wontons are tender and heated through, **4-5 minutes**. Transfer to a plate and cover to keep warm.



Stir-fry the veggies

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook carrot & zucchini mix, tossing, until tender, 4-5 minutes.
- Remove from heat, then add baby spinach leaves, cooked noodles and Asian sauce mixture, stirring to combine.



Serve up

- Divide umami garlic noodles between bowls.
- Top with prawn wontons and **crispy shallots** to serve. Enjoy!



