

Prawn Wontons & Umami Garlic Noodles

with Veggies & Crispy Shallots

Grab your meal kit with this number

29



Egg Noodles



Asian Stir-Fry Sauce



Prawn & Chive Wontons



Carrot & Zucchini Mix



Baby Spinach Leaves



Crispy Shallots



Prawn & Chive Wonton



Pork & Chive Gyoza

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

Calorie Smart

Eat Me First

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.

Pantry items

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

	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)	¼ 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)	11g	1.2g

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

3



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.

2



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.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



CUSTOM OPTIONS



DOUBLE PRAWN & CHIVE WONTON

Follow method above, cooking in batches if necessary.



SWAP TO PORK & CHIVE GYOZA

Follow method above.

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

