

# Golden Prawn Wontons & Corn Rice

with Quick-Prep Garlic Veggies & Crispy Shallots

Grab your meal kit with this number

29



Sweetcorn



Broccoli



White Rice



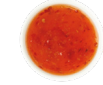
Garlic Paste



Prawn & Chive Wontons



Oyster Sauce



Sweet Chilli Sauce



Crispy Shallots



Chicken Tenderloins



Salmon

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

Curl up with this delectable bowl brimming with sweet and tangy flavours for an Asian fusion flavour sensation. Pillowy wontons stuffed with prawn and chives sit atop a bed of fluffy, corn-speckled rice and garlicky broccoli.

### Pantry items

Olive Oil, Butter

## 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 with a lid · Large frying pan with a lid (or foil)

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweetcorn	1 medium tin	1 large tin
broccoli	1 head	2 heads
white rice	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1¼ cups	2½ cups
<b>butter*</b>	20g	40g
garlic paste	1 packet	2 packets
prawn & chive wontons	1 packet	2 packets
<b>water*</b> (for the wontons)	¼ cup	½ cup
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	1 large packet
<b>water*</b> (for the sauce)	¼ cup	½ cup
crispy shallots	1 medium sachet	1 large sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3009kJ (719cal)	639kJ (136cal)
Protein (g)	26.1g	5.5g
Fat, total (g)	21.9g	4.6g
- saturated (g)	9.5g	2g
Carbohydrate (g)	110.6g	23.5g
- sugars (g)	18.7g	4g
Sodium (mg)	1984mg	421.2mg
Dietary Fibre (g)	8g	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](https://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 corn rice

- Drain **sweetcorn**. Chop **broccoli** (including stalk!) into small florets. Rinse and drain **white rice**.
- Add the **water (for the rice)** to a medium saucepan and bring to the boil.
- Add **rice**, stir, cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and all the water has absorbed, **10 minutes**.
- Stir through the **butter** and **corn**, until combined. Season to taste.

**TIP:** The rice will finish cooking in its own steam, so don't peek!

3



## Cook the wontons & sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, add **prawn & chive wontons**, flat-side down, in a single layer.
- Cook until starting to brown, **1-2 minutes**. Add the **water (for the wontons)** (watch out, it may spatter!) and cover with a lid (or foil).
- Cook until the water has evaporated and wontons are tender and softened, **4-5 minutes**.

2



## Cook the garlic veggies

- While the rice is cooking, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **broccoli**, tossing, until tender, **5-6 minutes**.
- Add half the **garlic paste** and cook until fragrant, **1 minute**. Season to taste. Transfer to serving bowls and set aside.

**TIP:** Add a dash of water to the pan to help speed up the cooking process.

4



## Serve up

- Meanwhile, in a small microwave-safe bowl, combine **oyster sauce**, **sweet chilli sauce**, the **water (for the sauce)** and remaining garlic paste. Microwave in **10 second bursts** until fragrant and slightly thickened.
- Divide corn rice and garlic veggies between bowls.
- Top rice with prawn wontons. Spoon over sticky sauce. Sprinkle over **crispy shallots** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



### CUSTOM OPTIONS



#### ADD CHICKEN TENDERLOINS

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



#### SWAP TO SALMON

Cook until just cooked through, 2-4 minutes each side.

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

