

# Sticky Prawn Wontons & Corn Rice

with Garlic Green Beans & Crispy Shallots

Grab your meal kit  
with this number

29



Sweetcorn



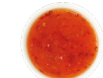
Jasmine Rice



Green Beans



Oyster Sauce



Sweet Chilli  
Sauce



Garlic Paste



Prawn & Chive  
Wontons



Crispy Shallots



Peeled  
Prawns



Beef Strips

Prep in: 30-40 mins  
Ready in: 35-45 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 sticky prawn wontons and then dive into the corn rice. You will be at the bottom of the bowl in no time.

### 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
<b>butter*</b>	20g	40g
sweetcorn	1 medium tin	1 large tin
<b>water*</b> (for the rice)	1 cup	2 cups
jasmine rice	1 medium packet	1 large packet
green beans	1 small packet	1 medium packet
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 packet	1 packet
garlic paste	1 packet	2 packets
prawn & chive wontons	1 packet	2 packets
<b>water*</b> (for the gyoza)	¼ cup	½ cup
crispy shallots	1 medium sachet	1 large sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2990kJ (859cal)	859kJ (247cal)
Protein (g)	19g	5.5g
Fat, total (g)	21.4g	6.1g
- saturated (g)	9.5g	2.7g
Carbohydrate (g)	118g	33.9g
- sugars (g)	19.3g	5.5g
Sodium (mg)	1946mg	559.2mg
Dietary Fibre (g)	20.2g	5.8g

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.



## Cook the corn rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Drain **sweetcorn**.
- Cook **corn**, until lightly browned, **4-5 minutes**. Add the **water (for the rice)** and a generous pinch of **salt** to the pan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and all the water is absorbed, **10 minutes**.

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



## Cook the prawn wontons

- 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 gyoza)** (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**. Transfer to a bowl.



## Get prepped

- Meanwhile, trim **green beans**.
- In a small heatproof bowl, combine **oyster sauce**, **sweet chilli sauce**, half the **garlic paste** and a splash of **water**.



## Make the sticky sauce

- Microwave **oyster sauce mixture** in **30 second** bursts, until heated through.



## Cook the garlic green beans

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **green beans**, tossing regularly, until tender, **4-5 minutes**.
- Add remaining **garlic paste** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**.
- Transfer to serving bowls and set aside.

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



## Serve up

- Divide corn rice between bowls with garlic green beans.
- Top corn 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 | CW51



## CUSTOM OPTIONS

### + ADD PEELLED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

### 🔄 SWAP TO BEEF STRIPS

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

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

