

Prawn Wonton Katsu Curry Noodles

with Veggies

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Carrot



Zucchini



Garlic



Egg Noodles



Prawn & Chive Wontons



Katsu Paste



Coconut Milk



Baby Spinach Leaves



Japanese Dressing

Recipe Update

Unfortunately, this week's chicken gyozas were in short supply, so we've replaced them with prawn & chive wontons. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Eat Me Early

This fusion dish is one for the books! Here you've got crispy prawn wontons and a creamy noodle-laced katsu curry, perfect for the wontons to soak up. This one is known for major slurping and crunching action!

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

Before you start

Wash your hands and any fresh food.

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
carrot	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
egg noodles	1 packet	2 packets
prawn & chive wontons	1 packet	2 packets
water* (for the wontons)	¼ cup	½ cup
katsu paste	1 medium packet	2 medium packets
coconut milk	1 medium packet	2 medium packets
water* (for the sauce)	¼ cup	½ cup
soy sauce*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
baby spinach leaves	1 small bag	1 medium bag
Japanese dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3097kJ (740Cal)	573kJ (136Cal)
Protein (g)	26.1g	4.8g
Fat, total (g)	28.8g	5.3g
- saturated (g)	16.1g	3g
Carbohydrate (g)	92.6g	17.1g
- sugars (g)	17.1g	3.2g
Sodium (mg)	3213mg	595mg

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.
- Thinly slice **carrot** and **zucchini** into half-moons. Finely chop **garlic**.



Cook the egg 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.



Cook the veggies

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** and **zucchini**, tossing, until tender, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl.



Cook the wontons

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When the 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! Cover with foil or a lid.
- Cook until the water has evaporated and wontons are tender and softened, **4-5 minutes**. Transfer to a plate and cover to keep warm.



Make it saucy

- Wipe out pan and return to medium-high heat.
- Stir in **katsu paste**, **coconut milk**, the **water (for the sauce)**, the **soy sauce** and the **brown sugar** until slightly thickened, **1-2 minutes**.
- Add **cooked veggies** and **egg noodles**, then stir in **baby spinach leaves** until wilted, **1 minute**. Season to taste.



Serve up

- Divide katsu curry noodles between bowls.
- Top with prawn wontons.
- Drizzle over **Japanese dressing** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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