



Sweet Chilli Prawn & Noodle Stir-Fry

with Green Beans

Grab your Meal Kit with this symbol



Garlic



Green Beans



Chilli (Optional)



Oyster Sauce



Sweet Chilli Sauce



Fish Sauce & Rice Vinegar Mix



Flat Noodles



Prawns



Ginger Paste



Herbs



Prawns

Hands-on: **15-25** mins
Ready in: **20-30** mins

Spicy (optional fresh chilli)

Calorie Smart

Eat me first

Sweet chilli sauce is a welcome addition to the juicy, ginger-spiked prawns in this dish that delivers the Thai food vibes. Flat noodles and crisp green beans are all you need to soak up all the saucy goodness.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
green beans	1 small bag	1 medium bag
fresh chilli (optional)	½	1
oyster sauce	1 packet (50g)	1 packet (100g)
sweet chilli sauce	1 packet (50g)	2 packets (100g)
soy sauce*	1½ tbs	3 tbs
fish sauce & rice vinegar mix	1 packet (20g)	1 packet (40g)
water*	2 tbs	¼ cup
flat noodles	1 packet	2 packets
prawns	1 packet (200g)	2 packets (400g)
ginger paste	1 medium packet	1 large packet
herbs	1 bag	1 bag
prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1871kJ (447Cal)	448kJ (107Cal)
Protein (g)	24g	5.7g
Fat, total (g)	10.2g	2.4g
- saturated (g)	1.6g	0.4g
Carbohydrate (g)	57.3g	13.7g
- sugars (g)	16.4g	3.9g
Sodium (mg)	3341mg	800mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2221kJ (530Cal)	429kJ (102Cal)
Protein (g)	37.7g	7.3g
Fat, total (g)	10.7g	2.1g
- saturated (g)	1.8g	0.3g
Carbohydrate (g)	57.3g	11.1g
- sugars (g)	16.4g	3.2g
Sodium (mg)	3993mg	772mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Get prepped

- Boil the kettle.
- Finely chop **garlic**. Trim the **green beans**, then cut into thirds. Thinly slice **fresh chilli** (if using).
- In a small bowl, combine **oyster sauce**, **sweet chilli sauce**, the **soy sauce**, **fish sauce & rice vinegar mix** and the **water**.

TIP: Add less fish sauce if you're not a fan of it!



Bring it all together

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **prawns**, tossing, until just pink and starting to curl up, **2-3 minutes**. Transfer to a bowl.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **green beans** until tender, **4-5 minutes**.
- Return **prawns** to pan. Add **ginger paste**, **garlic** and some **chilli** (if using). Cook, tossing, until fragrant, **1-2 minutes**. Add cooked **noodles** and **sweet chilli jam mixture**. Toss to combine, then remove from heat.

CUSTOM RECIPE

If you've doubled your prawns, cook them in batches for best results.



Cook the noodles

- Half-fill a medium saucepan with boiling **water**.
- Add **flat noodles** and cook over medium-high heat until tender, **3-4 minutes**. In last **minute** of cook time, gently stir noodles with a fork to separate.
- Drain and rinse **noodles**, then return to saucepan.



Serve up

- Divide sweet chilli prawn and noodle stir-fry between bowls.
- Sprinkle over any remaining chilli (if using) and tear over **herbs** to serve.

Enjoy!

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