



Easy Sweet Chilli Prawn & Noodle Stir-Fry

with Veggies

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Spring Onion



Garlic



Carrot



Zucchini



Oyster Sauce



Sweet Chilli Sauce



Udon Noodles



Fish Sauce & Rice Vinegar Mix



Prawns



Ginger Paste



Prawns

Prep in: 15-25 mins
Ready in: 20-30 mins

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. Udon noodles and vibrant veggies 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
spring onion	1 stem	2 stems
garlic	3 cloves	6 cloves
carrot	1	2
zucchini	1	2
oyster sauce	1 packet (50g)	1 packet (100g)
sweet chilli sauce	1 medium packet	1 large packet
soy sauce*	1½ tbs	3 tbs
fish sauce & rice vinegar mix	1 packet (20g)	2 packets (40g)
water*	2 tbs	¼ cup
udon noodles	1 packet	2 packets
prawns	1 packet (200g)	2 packets (400g)
ginger paste	1 medium packet	1 large packet
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2049kJ (490Cal)	445kJ (106Cal)
Protein (g)	28.8g	6.3g
Fat, total (g)	9.8g	2.1g
- saturated (g)	1.8g	0.4g
Carbohydrate (g)	61.5g	13.4g
- sugars (g)	24g	5.2g
Sodium (mg)	3639mg	791mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2404kJ (575Cal)	429kJ (103Cal)
Protein (g)	44.2g	7.9g
Fat, total (g)	10.3g	1.8g
- saturated (g)	1.9g	0.3g
Carbohydrate (g)	61.5g	11g
- sugars (g)	24g	4.3g
Sodium (mg)	4262mg	761mg

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.

We're here to help!

Scan here if you have any questions or concerns

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Get prepped

- Boil the kettle.
- Roughly chop **spring onion**. Finely chop **garlic**. Thinly slice **carrot** and **zucchini** into half-moons.
- In a small bowl, combine **oyster sauce, sweet chilli sauce, soy sauce, fish sauce & rice vinegar mix** and the **water**.

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



Cook the prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **prawns, carrot** and **zucchini**, tossing, until just pink and starting to curl up, **2-3 minutes**.
- Add **ginger paste, garlic** and **spring onion**. Cook, tossing, until fragrant, **1-2 minutes**.
- Add cooked **noodles** and **sweet chilli mixture**. Toss to combine, then remove from heat.

Custom Recipe: If you've doubled your prawns, cook them in batches for best results. Return all prawns to pan before adding the rest of the ingredients.



Cook the noodles

- Half-fill a medium saucepan with boiling water.
- Add **udon 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 & noodle stir-fry between bowls. Enjoy!

Rate your recipe

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