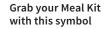


# Ginger Prawn & Sweet Chilli Stir-Fry

with Udon Noodles & Veggies

TAKEAWAY FAVES









Carrot





Sweet Chilli

Sauce

**Oyster Sauce** 



Fish Sauce & Rice Vinegar Mix

**Udon Noodles** 

Prawns



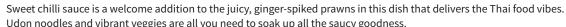
**Ginger Paste** 



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

Eat Me First





Udon noodles and vibrant veggies are all you need to soak up all the saucy goodness.



## 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

ingi calcino				
2 People	4 People			
refer to method	refer to method			
1 stem	2 stems			
3 cloves	6 cloves			
1	2			
1	2			
1 packet (50g)	1 packet (100g)			
1 packet (50g)	2 packets (100g)			
1 packet (20g)	2 packets (40g)			
1 ½ tbs	3 tbs			
2 tbs	½ cup			
1 packet	2 packets			
1 packet (200g)	2 packets (400g)			
1 medium packet	1 large packet			
1 packet (200g)	2 packets (400g)			
	refer to method 1 stem 3 cloves 1 1 1 packet (50g) 1 packet (50g) 1 packet (20g) 1 ½ tbs 1 packet 1 packet 1 packet 1 packet			

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2044kJ (489Cal)	444kJ (106Cal)
Protein (g)	27.1g	5.9g
Fat, total (g)	9.8g	2.1g
- saturated (g)	1.8g	0.4g
Carbohydrate (g)	61.6g	13.4g
- sugars (g)	24g	5.2g
Sodium (mg)	3669mg	798mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2311kJ (552Cal)	413kJ (99Cal)
Protein (g)	41.1g	7.3g
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)	4321mg	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.

#### We're here to help!

Scan here if you have any questions or concerns





# 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, fish sauce & rice vinegar mix, the soy sauce 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 prawns are 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 the last minute of cook time, gently stir noodles with a fork to separate.
- Drain and rinse **noodles**, then return to saucepan.



# Serve up

• Divide ginger prawn and sweet chilli stir-fried noodles between bowls. Enjoy!

