

Easy Prawn Wonton & Udon Noodle Soup

with Garlicky Veggies & Sesame Seeds

Grab your Meal Kit with this symbol



Garlic



Oyster Sauce



Udon Noodles



Sesame Oil Blend



Mixed Sesame Seeds



Asian Stir-Fry Mix




Chicken Stock Pot



Prawn & Chive Wonton

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

 Eat Me First

Thanks to the juicy prawn and chive wontons in your cool pouch, you'll have this slurpalicious soup on the table faster than if you'd ordered the takeaway version. The 'secret' ingredients in the broth? A mix of oyster sauce, soy sauce and sesame oil - which together create the perfect balance of savoury, sweet and nutty flavours.

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

Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
Asian stir-fry mix	1 medium bag	1 large bag
boiling water*	2 cups	4 cups
chicken stock pot	1 packet (40g)	2 packets (80g)
oyster sauce	1 packet (50g)	1 packet (100g)
soy sauce*	1 tbs	2 tbs
udon noodles	1 packet	2 packets
prawn & chive wonton	1 packet	2 packets
sesame oil blend	1 packet	2 packets
mixed sesame seeds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2873kJ (687Cal)	622kJ (149Cal)
Protein (g)	28g	6.1g
Fat, total (g)	21.8g	4.7g
- saturated (g)	3.2g	0.7g
Carbohydrate (g)	87.7g	19g
- sugars (g)	14.4g	3.1g
Sodium (mg)	3609mg	782mg

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.

1



Cook the veggies

- Boil the kettle. Finely chop **garlic**.
- In a large saucepan, heat a drizzle of **olive oil** over high heat.
- Cook **Asian stir-fry mix** until just tender, **2-3 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.

2



Add the flavourings

- Add the **boiling water** (2 cups for 2 people / 4 cups for 4 people), **chicken stock pot**, **oyster sauce** and the **soy sauce**.
- Bring to the boil.

3



Cook the noodles & wonton

- Add **udon noodles** and **prawn & chive wontons**, then cover with a lid.
- Reduce to a simmer and cook until noodles and wontons are tender, **4-5 minutes**.
- In the **last minute**, gently stir **noodles** with a fork to separate.
- Stir in **sesame oil blend**.

4



Serve up

- Divide prawn wonton and udon noodle soup with garlicky veggies between bowls.
- Top with **mixed sesame seeds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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