



One-Pot Prawn Wonton & Udon Noodle Soup

with Garlicky Veggies & Sesame Seeds

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Asian Stir-Fry Mix



Chicken Stock Pot



Oyster Sauce



Udon Noodles



Prawn & Chive Wonton



Sesame Oil Blend



Mixed Sesame Seeds



Vegetable Gyoza

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

Thanks to the juicy prawn and chive wontons in your cool pouch, you'll have this slurpacious 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.

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

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

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	2 packets (40g)	4 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
vegetable gyoza**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

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

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2962kJ (708Cal)	635kJ (152Cal)
Protein (g)	23.1g	4.9g
Fat, total (g)	22.4g	4.8g
- saturated (g)	3.3g	0.7g
Carbohydrate (g)	96.6g	20.7g
- sugars (g)	16.4g	3.5g
Sodium (mg)	3528mg	756mg

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



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**, tossing, until just tender, **2-3 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.

3



Cook the noodles & wontons

- 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**.

Custom Recipe: If you've swapped to vegetable gyoza, heat a large frying pan over medium-high heat with a drizzle of olive oil. When the oil is hot, add vegetable gyoza, flat-side down, in a single layer. Cook until the base of each gyoza has started to brown, 1-2 minutes. Add the water (watch out, it may spatter!) and cover with foil or a lid. Cook until the water has evaporated and gyoza are tender and softened, 4-5 minutes. Transfer to a plate.

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.

4



Serve up

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

Custom Recipe: Serve gyozas on the side.

Rate your recipe

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