



Prawn Wonton & Loaded Veggie Noodle Soup

with Broccoli, Carrot & Asian Greens

Grab your Meal Kit with this symbol



Garlic



Asian Greens



Broccoli & Carrot Mix



Chicken Stock Pot



Oyster Sauce



Udon Noodles



Prawn & Chive Wontons



Sesame Oil Blend



Mixed Sesame Seeds



Prawn & Chive Wontons

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 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.

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 greens	1 bag	2 bags
broccoli & carrot mix	1 medium bag	1 large bag
boiling water*	2 cups	4 cups
chicken stock pot	1 packet (20g)	2 packets (40g)
oyster sauce	1 medium packet	1 large packet
soy sauce*	1 tbs	2 tbs
udon noodles	1 packet	2 packets
prawn & chive wontons	1 packet	2 packets
sesame oil blend	1 packet	2 packets
mixed sesame seeds	1 medium packet	1 large packet
prawn & chive wontons**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2647kJ (633Cal)	567kJ (136Cal)
Protein (g)	25.9g	5.5g
Fat, total (g)	20.9g	4.5g
- saturated (g)	3.2g	0.7g
Carbohydrate (g)	79.3g	17g
- sugars (g)	13.3g	2.8g
Sodium (mg)	2954mg	633mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3437kJ (821Cal)	564kJ (135Cal)
Protein (g)	60.8g	10g
Fat, total (g)	37.3g	6.1g
- saturated (g)	10.5g	1.7g
Carbohydrate (g)	57.4g	9.4g
- sugars (g)	15.6g	2.6g
Sodium (mg)	1452mg	238mg

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**. Roughly chop **Asian greens**.
- In a large saucepan, heat a drizzle of **olive oil** over high heat. Cook **broccoli & carrot mix** until tender, **4-6 minutes**.
- Add **Asian greens** and **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a bowl and set aside.

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** and cooked **veggies**.

Custom Recipe: If you've doubled your wontons, cook in batches for the best results, returning all wontons to the pan before adding the sesame oil blend.

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 loaded veggie noodle soup between bowls.
- Top with **mixed sesame seeds** to serve. Enjoy!

Rate your recipe

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