



Prawn Singapore-Style Noodles

with Veggies & Spring Onion

Grab your Meal Kit with this symbol



Egg Noodles



Carrot



Capsicum



Garlic



Spring Onion



Oyster Sauce



Southeast Asian Spice Blend



Prawns



Ginger Paste



Prawns

Prep in: 20-30 mins
Ready in: 30-40 mins



Eat Me First



Calorie Smart

Prawns on a weeknight? Yes please, although this delectable dish is weekend-worthy, too. We're all for the combination of succulent prawns with some zing from ginger and Southeast Asian spices. Toss them with springy egg noodles, perfect for soaking up the sweet and savoury oyster sauce. The spring onion garnish adds a pop of sweet oniony flavour, so don't forget it!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Soy Sauce, Egg

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
egg noodles	1 medium packet	1 large packet
carrot	1	2
capsicum	1	2
garlic	2 cloves	4 cloves
spring onion	1 stem	2 stems
oyster sauce	1 packet (50g)	1 packet (100g)
brown sugar*	½ tbs	1 tbs
soy sauce*	1 tbs	2 tbs
water*	⅓ cup	⅔ cup
egg*	1	2
prawns	1 packet (200g)	2 packets (400g)
ginger paste	½ medium packet	1 medium packet
Southeast Asian spice blend	1 medium sachet	1 large sachet
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2042kJ (488Cal)	471kJ (113Cal)
Protein (g)	30.1g	6.9g
Fat, total (g)	5.6g	1.3g
- saturated (g)	1.2g	0.3g
Carbohydrate (g)	73g	16.8g
- sugars (g)	17.6g	4.1g
Sodium (mg)	3214mg	741mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2396kJ (573Cal)	449kJ (107Cal)
Protein (g)	45.4g	8.5g
Fat, total (g)	6.2g	1.2g
- saturated (g)	1.3g	0.2g
Carbohydrate (g)	73g	13.7g
- sugars (g)	17.6g	3.3g
Sodium (mg)	3836mg	719mg

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



2022 | CW41



1 Cook the egg noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **egg noodles** to saucepan over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse with cold water and set aside.



4 Cook the prawns

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**.
- Add **ginger paste** (see ingredients) and **Southeast Asian spice blend**, and cook until fragrant, **1 minute**.

Custom Recipe: If you've doubled your prawns, cook the prawns in batches for best results! Return all the prawns to pan before adding the ginger paste and spice blend, as above.



2 Get prepped

- Meanwhile, thinly slice **carrot** into half-moons. Slice **capsicum**. Finely chop **garlic**.
- Thinly slice **spring onion**. Set aside.
- In a small bowl, combine **oyster sauce**, the **brown sugar**, the **soy sauce** and the **water**. Set aside.
- In a medium bowl, whisk the **egg** and a pinch of **salt** and **pepper**.



5 Flavour the noodles

- To the **prawns**, add the **oyster sauce mixture** and cook, stirring, until bubbling, **1 minute**.
- Remove pan from heat. Return **veggies** and **noodles** to the pan, tossing, until combined and heated through. Season to taste.



3 Cook the veggies & egg

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** and **capsicum**, tossing, until tender, **4-5 minutes**. Add **garlic** and cook until fragrant, **1 minute**.
- Stir in **egg mixture** and cook, stirring, until cooked through, **1 minute**. Transfer to a bowl.



6 Serve up

- Divide prawn Singapore-style noodles and veggies between bowls.
- Garnish with spring onion to serve. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate