



# Quick Sweet Chilli Prawn & Veggie Stir-Fry

with Udon Noodles

TAKEAWAY FAVES

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Spring Onion



Garlic



Carrot



Courgette



Oyster Sauce



Sweet Chilli Sauce



Udon Noodles



Peeled Prawns



Ginger Paste



Peeled Prawns

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



Prawns that are popping with delicious taste sensations, we say yes please! You won't be able to get enough of these bad boys in a saucy sweet chilli stir-fry. Set off the flavour fireworks with ginger and oyster sauce stirred through, and udon noodles to slurp it all up.

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

### Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), Fish Sauce, 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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
spring onion	1 stem	2 stems
garlic	3 cloves	6 cloves
carrot	1	2
courgette	1	2
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	2 medium packets
<b>vinegar*</b> (white wine or rice wine)	½ tbs	1 tbs
<b>fish sauce*</b> (optional)	1 tsp	2 tsp
<b>soy sauce*</b>	1½ tbs	3 tbs
<b>water*</b>	2 tbs	¼ cup
udon noodles	1 packet	2 packets
peeled prawns	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
peeled prawns**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1976kJ (472Cal)	373kJ (89Cal)
Protein (g)	31.5g	6g
Fat, total (g)	8.8g	1.7g
- saturated (g)	1.9g	0.4g
Carbohydrate (g)	55.7g	10.5g
- sugars (g)	17.3g	3.3g
Sodium (mg)	2410mg	455mg
Dietary Fibre (g)	9g	1.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2326kJ (556Cal)	370kJ (88Cal)
Protein (g)	45.2g	7.2g
Fat, total (g)	9.3g	1.5g
- saturated (g)	2g	0.3g
Carbohydrate (g)	56.7g	9g
- sugars (g)	18.3g	2.9g
Sodium (mg)	3062mg	487mg
Dietary fibre	10g	1.6g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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

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## Get prepped

- Boil the kettle.
- Roughly chop **spring onion**. Finely chop **garlic**. Thinly slice **carrot** and **courgette** into half-moons.
- In a small bowl, combine **oyster sauce**, **sweet chilli sauce**, the **vinegar**, **fish sauce** (if using), **soy sauce** and **water**.

3



## Cook the prawns

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **peeled prawns**, **carrot** and **courgette**, 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 peeled prawns, cook in batches if your pan is getting crowded. Continue with recipe as above.

2



## Cook the noodles

- Half-fill a medium saucepan with boiling water.
- Cook **udon noodles**, 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.

4



## Serve up

- Divide sweet chilli prawn and veggie stir-fried noodles between bowls to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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