



Southeast Asian-Style Prawn Udon Noodles

with Veggies & Spring Onion

TAKEAWAY FAVES

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Udon Noodles



Garlic



Carrot



Courgette



Spring Onion



Oyster Sauce



Peeled Prawns



Garlic & Herb Seasoning



Peeled Prawns

Prep in: 20-30 mins
Ready in: 25-35 mins

Calorie Reduced

Get ready for a dish that takes your palate on a whirlwind adventure through the bustling streets of Southeast Asia! Oodles of noodles are wrapped up in a blend of oyster and soy sauces, tossed through with colourful veggies and perfectly pan-seared prawns. Who needs takeaway when homemade tastes so good?

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

Pantry items

Olive Oil, Egg, Brown Sugar, 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
olive oil*	refer to method	refer to method
udon noodles	1 packet	2 packets
garlic	3 cloves	6 cloves
carrot	1	2
courgette	½	1
spring onion	1 stem	2 stems
egg*	1	2
oyster sauce	1 medium packet	1 large packet
brown sugar*	½ tbs	1 tbs
soy sauce*	1 tbs	2 tbs
water*	½ cup	¾ cup
peeled prawns	1 packet	2 packets
garlic & herb seasoning	1 sachet	2 sachets
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1737kJ (415Cal)	384kJ (92Cal)
Protein (g)	25.5g	5.6g
Fat, total (g)	9.1g	2g
- saturated (g)	1.7g	0.4g
Carbohydrate (g)	48.7g	10.8g
- sugars (g)	10.1g	2.2g
Sodium (mg)	2014mg	445mg
Dietary Fibre (g)	7g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2087kJ (499Cal)	378kJ (90Cal)
Protein (g)	39.2g	7.1g
Fat, total (g)	9.6g	1.7g
- saturated (g)	1.9g	0.3g
Carbohydrate (g)	49.7g	9g
- sugars (g)	11.1g	2g
Sodium (mg)	2666mg	483mg
Dietary fibre	8g	1.4g

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 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

2024 | CW18



1



Cook the noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **udon noodles** over medium-high heat until tender, **3-4 minutes**.
- In **last minute** of cook time, gently stir **noodles** with a fork to separate.
- Drain, rinse and set aside.

3



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 **garlic & herb seasoning** and cook, until fragrant, **1 minute**.
- Add **oyster sauce mixture** and cook, until bubbling, **1 minute**.
- Remove pan from heat and add **veggies** and **noodles**, tossing until combined. Season to taste.

Custom Recipe: If you've doubled your peeled prawns, cook in batches if your pan is getting crowded.

2



Cook the veggies

- Meanwhile, finely chop **garlic**. Thinly slice **carrot** and **courgette** (see **ingredients**) into half-moons. Thinly slice **spring onion**.
- In a medium bowl, whisk the **egg** and a pinch of **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **courgette**, tossing, until tender, **5-6 minutes**. Add **garlic** and cook, until fragrant, **1 minute**.
- Stir in the **egg mixture** and cook, until cooked through, **1 minute**. Transfer to a bowl.
- In a small bowl, combine **oyster sauce**, the **brown sugar**, **soy sauce** and **water**. Set aside.

4



Serve up

- Divide Southeast Asian-style prawn udon noodles and veggies between bowls.
- Garnish with **spring onion** to serve. Enjoy!

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