

Southeast Asian-Style Prawn Udon Noodles

with Veggies & Spring Onion

NEW

TAKEAWAY FAVES

CLIMATE SUPERSTAR





Grab your Meal Kit with this symbol





Courgette

Spring Onion

Oyster Sauce



Peeled Prawns





Pantry items Olive Oil, Egg, Brown Sugar, Soy Sauce

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

Calorie Reduced

seared prawns. Who needs takeaway when homemade tastes so good?

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-

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	1/2	1		
spring onion	1 stem	2 stems		
egg*	1	2		
oyster sauce	1 medium packet	1 large packet		
brown sugar*	1⁄2 tbs	1 tbs		
soy sauce*	1 tbs	2 tbs		
water*	⅓ cup	⅔ 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



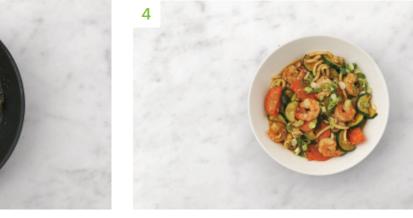
Cook the noodles

- 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.



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.



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.

Serve up

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

Rate your recipe Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate

