Prawn Wontons & Asian Veggie Stir-Fry

with Garlic Rice & Sweet Chilli Sriracha Sauce

NEW

Grab your meal kit with this number **6**

Recipe Update

Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!

- Garlic
- Jasmine Rice
- Carrot
- Spring Onion
- Asian Greens
- Sriracha
- Sweet Chilli Sauce
- Sesame Seeds
- Ginger Paste
- Soy Sauce Mix
- Prawn & Chive Wontons
- Diced Bacon
- Peeled Prawns

Prep in: 25-35 mins
Ready in: 30-40 mins

We love a wonton - delicate little bundles of savoury goodness that are a joy to eat! Let's serve them up with fluffy rice and Asian veggies stir-fried with ginger, garlic and soy. Drizzle over a sweet and spicy sauce for extra flavour!

Pantry items

Olive Oil, Butter, Soy Sauce, Sesame Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
water* *(for the rice)*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
carrot	1	2
spring onion	2 stems	4 stems
Asian greens	1 bunch	2 bunches
sriracha	1 medium packet	2 medium packets
sweet chilli sauce	1 packet	2 packets
soy sauce*	1 tsp	2 tsp
sesame seeds	1 medium sachet	1 large sachet
ginger paste	1 medium packet	2 medium packets
soy sauce mix	2 small packets	4 small packets
sesame oil*	1 tsp	2 tsp
prawn & chive wontons	1 packet	2 packets
water* *(for the wontons)*	¼ cup	½ cup

****Pantry Items***

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3130kJ (748Cal)	716kJ (171Cal)
Protein (g)	22.5g	5.1g
Fat, total (g)	21.5g	4.9g
- saturated (g)	8.1g	1.9g
Carbohydrate (g)	112.7g	25.8g
- sugars (g)	18g	4.1g
Sodium (mg)	1924mg	440mg
Dietary Fibre (g)	8.3g	1.9g

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

2025 | CW07

1

Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add the **water (for the rice)** and a generous pinch of **salt** to the pan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low. Cook for **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

TIP: *The rice will finish cooking in its own steam so don't peek!*

2

Get prepped

- Meanwhile, thinly slice **carrot** into half-moons. Slice **spring onion** into 4cm lengths. Roughly chop **Asian greens**.
- In a small bowl, combine **sriracha**, **sweet chilli sauce** and the **soy sauce**. Set aside.

3

Toast the sesame seeds

- Heat a large frying pan over medium-high heat. Toast **sesame seeds**, tossing, until golden, **3-4 minutes**.
- Transfer to a bowl and set aside.

4

Cook the veggies

- Return frying pan to high heat, with a drizzle of **olive oil**. Cook **spring onion** and **carrot** until tender, **2-3 minutes**.
- Reduce heat to medium, then add remaining **garlic**, **Asian greens** and **ginger paste**. Cook until fragrant, **1 minute**.
- Add **soy sauce mix** and the **sesame oil**, and toss to combine.
- Transfer to a bowl and cover to keep warm.

5

Cook the wontons

- Wipe out frying pan and return to medium heat with a drizzle of **olive oil**. When **oil** is hot, cook **prawn & chive wontons** until starting to brown, **1-2 minutes**.
- Add the **water (for the wontons)** (watch out, it may spatter!), then cover with foil or a lid.
- Cook until water has evaporated and wontons are tender and heated through, **4-5 minutes**.

6

Finish & serve

- Divide garlic rice between bowls. Top with Asian veggie stir-fry and wontons.
- Drizzle sweet chilli sriracha sauce over wontons. Garnish with toasted sesame seeds to serve. Enjoy!

CUSTOM OPTIONS

ADD DICED BACON
Cook, breaking up with a spoon, until browned, 4-5 minutes.

ADD PEELED PRAWNS
Cook, tossing, until pink and starting to curl up, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.