



Sticky Prawn Wontons & Garlic Rice

with Veggies & Crispy Shallots

NEW

Grab your meal kit with this number

6



Garlic



Jasmine Rice



Carrot



Broccoli



Prawn & Chive Wontons



Oyster Sauce



Sweet Chilli Sauce



Crispy Shallots



Prawn & Chive Wontons



Diced Bacon

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

Get ready for a flavour-packed bite! These prawn & chive wontons are coated in a sweet and savoury glaze, perfectly paired with garlic-infused rice, tender veggies and a sprinkle of crispy shallots for that irresistible crunch.

Pantry items

Olive Oil, Butter

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
jasmine rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2½ cups
carrot	1	2
broccoli	1 head	2 heads
prawn & chive wontons	1 packet	2 packets
water* (for the dumplings)	¼ cup	½ cup
oyster sauce	1 medium packet	1 large packet
sweet chilli sauce	1 medium packet	1 large packet
water* (for the sauce)	¼ cup	½ cup
crispy shallots	1 medium sachet	1 large sachet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2985kJ (713Cal)	630kJ (151Cal)
Protein (g)	25g	5.3g
Fat, total (g)	15.2g	3.2g
- saturated (g)	3.3g	0.7g
Carbohydrate (g)	115.9g	24.5g
- sugars (g)	15.7g	3.3g
Sodium (mg)	1539mg	325mg
Dietary Fibre (g)	11.1g	2.3g

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 | CW12



Cook the garlic rice

1. Finely chop **garlic**.
2. In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
3. Cook half the **garlic** until fragrant, **1-2 minutes**. Add **jasmine rice**, the **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil.
4. Reduce heat to low and cover with a lid.
5. 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!



Cook the wontons

1. Return frying pan to medium-high heat with a drizzle of **olive oil**.
2. When oil is hot, add **prawn & chive wontons**, flat-side down, in a single layer.
3. Cook until starting to brown, **1-2 minutes**. Add the **water (for the dumplings)** (watch out, it may spatter!) and cover with foil or a lid.
4. Cook until the water has evaporated and wontons are tender and softened, **4-5 minutes**.



Get prepped

1. Meanwhile, thinly slice **carrot** into half-moons.
2. Cut **broccoli** into small florets, then roughly chop stalk.



Make the sauce

1. While wontons are cooking, in a small microwave-safe bowl, combine **oyster sauce**, **sweet chilli sauce** and the **water (for the sauce)**.
2. Microwave in **10 second** bursts, until fragrant and slightly thickened.



Cook the veggies

1. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
2. Cook **carrot** and **broccoli**, tossing, until tender, **6-7 minutes**.
3. Add the remaining **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl and set aside.

TIP: Add a dash of water to the pan to help speed up the cooking process.



Finish & serve

1. Divide garlic rice and veggies between bowls.
2. Top rice with prawn wontons. Drizzle over sticky sauce.
3. Sprinkle over **crispy shallots** to serve. Enjoy!

CUSTOM OPTIONS

+ DOUBLE PRAWN & CHIVE WONTONS
Follow method above, cooking in batches if necessary.

+ ADD DICED BACON
Cook with veggies, breaking up with a spoon, until browned, 6-7 minutes.

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

