



Crispy Prawn Wontons & Egg Fried Rice

with Green Beans & Sweet Chilli Drizzle

TAKEAWAY FAVES

Grab your meal kit with this number

23



Jasmine Rice



Garlic



Green Beans



Asian Greens



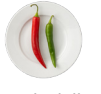
Soy Sauce Mix



Prawn & Chive Wontons



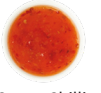
Asian BBQ Seasoning



Fresh Chilli (Optional)



Crispy Shallots



Sweet Chilli Sauce



Prawn & Chive Wontons



Vegetable Gyozas

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

Calorie Smart

Tonight, we're serving up a fresh and fun dinner that's bursting with flavour! Start by pan-frying your prawn and chive wontons until golden and crispy. Pair them with an aromatic egg fried rice and vibrant soy sauce green veggies. Finish it all off with a drizzle of sweet chilli and a sprinkle of crispy shallots for a fuss-free meal that tastes better than takeaway!

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 · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
jasmine rice	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
green beans	1 small packet	1 medium packet
Asian greens	2 packets	4 packets
soy sauce mix	1 medium packet	2 medium packets
prawn & chive wontons	1 packet	2 packets
water*	¼ cup	½ cup
egg*	1	2
sesame oil*	1 tsp	2 tsp
soy sauce*	1 tsp	2 tsp
Asian BBQ seasoning	1 medium sachet	2 medium sachets
fresh chilli  (optional)	½	1
crispy shallots	1 medium sachet	1 large sachet
sweet chilli sauce	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2370kJ (567Cal)	465kJ (111Cal)
Protein (g)	22.2g	4.4g
Fat, total (g)	19.1g	3.7g
- saturated (g)	3.3g	0.6g
Carbohydrate (g)	72.5g	14.2g
- sugars (g)	13.9g	2.7g
Sodium (mg)	1850mg	363mg
Dietary Fibre (g)	5.5g	1.1g

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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Start the rice

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**.
- Drain, rinse with warm water and set aside.

3



Cook the wontons & finish the rice

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **prawn & chive wontons** until starting to brown, **1-2 minutes**.
- Add the **water** (watch out, it may spatter!), then cover with a lid (or foil).
- Cook until the water has evaporated and wontons are tender and heated through, **4-5 minutes**. Transfer to a plate.
- Return the frying pan to medium-high heat with drizzle of **olive oil**. Crack the **egg** and remaining **garlic** into the pan and scramble until cooked through, **1 minute**. Add **rice** and cook, stirring, until warmed through, **1-2 minutes**.
- Add the **sesame oil**, **soy sauce** and **Asian BBQ seasoning**, stirring, until well combined. Season to taste.

2



Cook the greens

- Meanwhile, finely chop **garlic**. Trim and thinly slice **green beans**.
- Roughly chop **Asian greens**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **Asian greens**, **green beans** and half the **garlic** until just wilted, **1-2 minutes**.
- Add **soy sauce mix** and cook until slightly reduced, **1 minute**.
- Transfer to a bowl and cover to keep warm.

4



Finish & serve

- Thinly slice **fresh chilli** (if using).
- Divide egg fried rice and Asian greens between bowls.
- Top with crispy prawn wontons.
- Sprinkle over **crispy shallots** and **chilli**.
- Serve with **sweet chilli sauce**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2026 | CW04



CUSTOM OPTIONS



PRAWN & CHIVE WONTONS:

Follow method above, cooking in batches if necessary.



VEGETABLE GYOZAS:

Follow method above.

SCAN CODE FOR
FULL STEPS AND
NUTRITION INFO

