



# Prawn Wonton & Easy-Prep Veggie Soup

with Udon Noodles & Sesame Seeds

DUMPLING DAY

Grab your Meal Kit with this symbol



Green Veg Mix



Garlic Paste



Chicken Stock Pot



Oyster Sauce



Udon Noodles



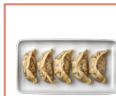
Prawn & Chive Wontons



Sesame Oil Blend



Mixed Sesame Seeds



Prawn & Chive Wontons

Prep in: 10-20 mins  
Ready in: 15-25 mins



Calorie Smart\*

\*Custom Recipe is not Calorie Smart

All you need is one pan to create an Asian fusion dish all from the comfort of your own kitchen. Slurp up the udon noodles that are oozing with umami flavours in every bite and then dive into the wontons which are our fave; prawn and chive.

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

### Pantry items

Olive Oil, 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

Large saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
green veg mix	1 medium packet	1 large packet
garlic paste	1 packet	2 packets
<b>boiling water*</b>	2 cups	4 cups
chicken stock pot	1 packet (40g)	2 packets (80g)
oyster sauce	1 medium packet	1 large packet
<b>soy sauce*</b>	1 tbs	2 tbs
udon noodles	1 packet	2 packets
prawn & chive wontons	1 packet	2 packets
sesame oil blend	1 packet	2 packets
mixed sesame seeds	1 medium packet	1 large packet
prawn & chive wontons**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2673kJ (639Cal)	580kJ (139Cal)
Protein (g)	27.7g	6g
Fat, total (g)	21.6g	4.7g
- saturated (g)	3.2g	0.7g
Carbohydrate (g)	78.3g	17g
- sugars (g)	10.7g	2.3g
Sodium (mg)	2656mg	576mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3645kJ (871Cal)	627kJ (150Cal)
Protein (g)	39.1g	6.7g
Fat, total (g)	28.5g	4.9g
- saturated (g)	4.3g	0.7g
Carbohydrate (g)	109.6g	18.9g
- sugars (g)	13.3g	2.3g
Sodium (mg)	3147mg	542mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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



1



## Cook the greens

- Boil the kettle.
- In a large saucepan, heat a drizzle of **olive oil** over high heat. Cook **green veg mix**, stirring, until tender, **4-6 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**. Transfer to a bowl and set aside.

**Custom Recipe:** If you've doubled your prawn & chive wontons, bring a separate saucepan of water to the boil.

3



## Finish the soup

- Add **udon noodles** and **prawn & chive wontons**, then cover with a lid.
- Reduce to a simmer and cook until **noodles** and **wontons** are tender, **4-5 minutes**.
- In the **last minute**, gently stir **noodles** with a fork to separate. Stir in **sesame oil blend** and return cooked veggies.

**Custom Recipe:** Lower the heat of the boiling saucepan to a simmer, add extra prawn & chive wontons, then cover with a lid for 4-5 minutes. Add to soup with cooked veggies.

2



## Start the soup

- Add the **boiling water** (2 cups for 2 people / 4 cups for 4 people), **chicken stock pot**, **oyster sauce** and the **soy sauce** to the pan.
- Bring to the boil.

4



## Serve up

- Divide prawn wonton and udon noodle soup with garlicky veggies between bowls.
- Top with **mixed sesame seeds** to serve. Enjoy!

## Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)