



Prawn Singapore-Style Noodles

with Veggies & Spring Onion

TAKEAWAY FAVES



Grab your Meal Kit with this symbol



Egg Noodles



Broccoli & Carrot Mix



Garlic Paste



Spring Onion



Oyster Sauce



Prawns



Ginger Paste

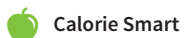


Southeast Asian Spice Blend



Prawns

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



Calorie Smart

Eat Me First

Prawns on a weeknight? Yes please, although this delectable dish is weekend-worthy, too. We're all for the combination of succulent prawns with some zing from ginger and Southeast Asian spices. Toss them with springy egg noodles, perfect for soaking up the sweet and savoury oyster sauce. The spring onion garnish adds a pop of sweet oniony flavour, so don't forget it!

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

Pantry items

Olive Oil, Egg, Brown Sugar, 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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
egg noodles	1 medium packet	2 medium packets
egg*	1	2
broccoli & carrot mix	1 medium bag	1 large bag
garlic paste	1 packet	2 packets
spring onion	1 stem	2 stems
oyster sauce	1 medium packet	1 large packet
brown sugar*	½ tbs	1 tbs
soy sauce*	1 tbs	2 tbs
water*	½ cup	¾ cup
prawns	1 packet (200g)	2 packets (400g)
ginger paste	½ medium packet	1 medium packet
Southeast Asian spice blend	1 medium sachet	1 large sachet
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1857kJ (444Cal)	566kJ (135Cal)
Protein (g)	27.7g	8.4g
Fat, total (g)	6.9g	2.1g
- saturated (g)	1.2g	0.4g
Carbohydrate (g)	66.4g	20.2g
- sugars (g)	10.9g	3.3g
Sodium (mg)	3285mg	1001mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2139kJ (511Cal)	499kJ (119Cal)
Protein (g)	41.7g	9.7g
Fat, total (g)	7.9g	1.8g
- saturated (g)	1.3g	0.3g
Carbohydrate (g)	66.4g	15.5g
- sugars (g)	10.9g	2.5g
Sodium (mg)	3943mg	921mg

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 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 egg noodles

- Boil the kettle. Half-fill a medium saucepan with boiling water.
- Cook **egg noodles** over medium-high heat, stirring occasionally with a fork to separate, until tender, **4-5 minutes**.
- Drain, rinse with cold water and set aside.

3



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 **ginger paste** and **Southeast Asian spice blend**, and cook until fragrant, **1 minute**.
- Add **sauce mixture** and cook until bubbling, **1 minute**.
- Remove pan from heat and return **veggies** and noodles, tossing until combined. Season to taste.

Custom Recipe: If you've doubled your prawns, cook in batches for the best results returning all prawns to the pan before adding the spice blends.

2



Cook the veggies

- Meanwhile, 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 **broccoli & carrot mix**, tossing, until tender, **5-6 minutes**. Add **garlic paste** and cook until fragrant, **1 minute**.
- Stir in **egg mixture**, cook until cooked through, **1 minute**. Transfer to a bowl.
- Meanwhile, thinly slice **spring onion**.
- In a small bowl, combine **oyster sauce**, the **brown sugar**, the **soy sauce** and the **water**. Set aside.

4



Serve up

- Divide prawn Singapore-style noodles and veggies between bowls.
- Top with spring onion to serve. Enjoy!

Rate your recipe

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