



# Prawn Wonton & Pea Pod Konjac Noodle Soup

with Asian Greens & Ginger-Chilli Oil

CLIMATE SUPERSTAR

Grab your meal kit with this number

29



Long Chilli (Optional)



Pea Pods



Asian Greens



Lime



Konjac Noodles



Ginger Paste



Sesame Seeds



Soy Sauce Mix



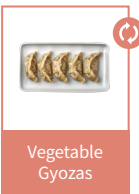
Oyster Sauce



Prawn & Chive Wontons



Prawn & Chive Wontons



Vegetable Gyozas

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

Calorie Smart

By the time you are done with this one, we can guarantee that each and every bowl will be licked clean. How could they not be, when we've paired oyster sauce-dressed noodles with tasty prawn and chive wontons? Delish!

### Pantry items

Olive 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

Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
long chilli  (optional)	½	1
pea pods	1 small packet	1 medium packet
Asian greens	1 packet	2 packets
lime	½	1
konjac noodles	1 packet	2 packets
ginger paste	1 medium packet	1 large packet
sesame seeds	1 medium sachet	1 large sachet
soy sauce mix	1 packet	2 packets
<b>boiling water*</b>	2 cups	4 cups
<b>salt*</b>	¼ tsp	½ tsp
oyster sauce	1 medium packet	1 large packet
prawn & chive wontons	1 packets	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1807kJ (432cal)	173kJ (41cal)
Protein (g)	17.6g	1.7g
Fat, total (g)	17.4g	1.7g
- saturated (g)	2.6g	0.2g
Carbohydrate (g)	47.9g	4.6g
- sugars (g)	12.6g	1.2g
Sodium (mg)	2672mg	256.4mg
Dietary Fibre (g)	7.8g	0.7g

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.



## Get prepped

- Slice **long chilli** (if using).
- Trim **pea pods** and cut into thirds.
- Roughly chop **Asian greens**.
- Zest **lime** and cut into wedges.
- Drain and rinse **konjac noodles**.



## Start the soup

- Boil the kettle.
- Return saucepan to high heat with a drizzle of **olive oil**. Cook **pea pods**, tossing, until just tender, **3-4 minutes**.
- Add the **boiling water** (2 cups for 2 people / 4 cups for 4 people), the **salt** and **oyster sauce** and bring to the boil.
- Add **prawn & chive wontons** and **lime zest** and cover. Reduce to a simmer and cook until tender, **4-5 minutes**.
- Stir in **konjac noodles** and **Asians greens** until just wilted, **1 minute**.

### CUSTOM OPTIONS



#### DOUBLE PRAWN & CHIVE WONTONS

Follow method above, cooking in batches if necessary.



#### SWAP TO VEGETABLE GYOZAS

Follow method above.



## Make the ginger chilli oil

- In a medium heatproof bowl, combine **ginger paste**, **sesame seeds**, **chilli** and a pinch of **salt** and **pepper**.
- In a large saucepan, heat **olive oil** (2 tbs for 2 people / ¼ cup for 4 people) over high heat, until just smoking, **30 seconds**, then carefully pour the **oil** over the ginger mixture.
- Add **soy sauce mix**. Mix well and set aside.

**TIP:** The hot oil will bubble up and 'cook' the ginger.



## Serve up

- Divide prawn wonton, Asian greens and pea pod konjac noodle soup between bowls.
- Spoon over ginger-chilli oil. Serve with lime wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



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

