

Quick Prawn Dumpling & Konjac Noodle Soup

with Asian Greens & Ginger Chilli Oil

Grab your Meal Kit with this symbol

TAKEAWAY FAVES



Pantry items Olive Oil

Prep in: 20-30 mins Ready in: 25-35 mins All you need is one pan to create an Asian fusion dish all from the comfort of your own kitchen. Slurp up the konjac noodles that are oozing with soy flavours in every bite and then dive into the prawn and chive wontons that are all-time classics. You will be at the bottom of the bowl in no time.

Calorie Smart

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan

Ingredients

| <u> </u> | | |
|-------------------------------|-------------------|---------------------------|
| | 2 People | 4 People |
| olive oil* | refer to method | refer to method |
| long chilli ∮ (optional) | 1/2 | 1 |
| carrot | 1 | 2 |
| Asian greens | 1 bag | 2 bags |
| makrut lime leaves | 2 leaves | 4 leaves |
| konjac noodles | 1 medium packet | 2 medium packets |
| ginger paste | 1 medium packet | 1 large packet |
| sesame seeds | 1 medium sachet | 1 large sachet |
| soy sauce mix | 1 sachet | 2 sachets |
| boiling water* | 2 cups | 4 cups |
| chicken-style stock powder | 1 medium sachet | 1 large sachet |
| oyster sauce | 1 packet (50g) | 1 packet (100g) |
| prawn & chive wontons | 1 packet | 2 packets |
| prawn & chive wontons** | 1 packet | 2 packets |

* Pantry Items ** Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------------|-----------------|---------------|
| Energy (kJ) | 1610kJ (385Cal) | 329kJ (79Cal) |
| Protein (g) | 16.1g | 3.3g |
| Fat, total (g) | 12g | 2.5g |
| - saturated (g) | 1.6g | 0.3g |
| ${\sf Carbohydrate}(g)$ | 50.5g | 10.3g |
| - sugars (g) | 15.7g | 3.2g |
| Sodium (mg) | 2712mg | 555mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2582kJ (617Cal) | 424kJ (101Cal) |
| Protein (g) | 27.5g | 4.5g |
| Fat, total (g) | 18.8g | 3.1g |
| - saturated (g) | 2.7g | 0.4g |
| Carbohydrate (g) | 81.8g | 13.4g |
| - sugars (g) | 18.4g | 3g |
| Sodium (mg) | 3203mg | 526mg |

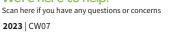
The quantities provided above are averages only.

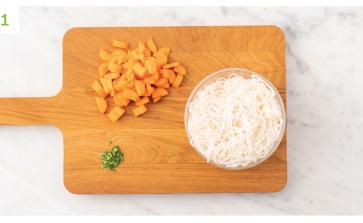
Allergens

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!





Get prepped

- Slice **long chilli** (if using). Thinly slice **carrot** into half-moons. Roughly chop **Asian greens**.
- Remove centre veins from **makrut lime leaves**, then very finely chop.
- Drain and rinse konjac noodles.

TIP: The makrut lime leaves are fibrous so you want to cut them into small pieces!



Start the soup

- Boil the kettle. Return saucepan to a high heat with a drizzle of **olive oil**. Cook **carrot** until just tender, **3-4 minutes**.
- Add the **boiling water** (2 cups for 2 people / 4 cups for 4 people), **chickenstyle stock powder** and **oyster sauce** and bring to the boil.
- Add prawn & chive wontons and makrut lime leaves and cover. Reduce to a simmer and cook until tender, 4-5 minutes.

Custom Recipe: If you've doubled your wontons, add the boiling water (21/4 cups for 2 people / 41/2 cups for 4 people) and continue with step as above, adding all wontons to the saucepan with makrut lime leaves.



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 / 1/4 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.



Finish the soup & serve up

- Stir in noodles and Asians greens until just wilted, **1 minute**.
- Divide prawn dumpling and makrut lime soup with Asian greens between bowls.
- Spoon over ginger chilli oil to serve. Enjoy!

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