



# Quick Prawn Dumpling & Konjac Noodle Soup

with Asian Greens & Ginger Chilli Oil

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Long Chilli (Optional)



Carrot



Asian Greens



Makrut Lime Leaves



Konjac Noodles



Sesame Seeds



Soy Sauce Mix



Chicken-Style Stock Powder



Oyster Sauce



Ginger Paste



Prawn & Chive Wontons



Prawn & Chive Wontons

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.

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

### Pantry items

Olive Oil

## 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
long chilli  (optional)	½	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
<b>boiling water*</b>	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
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\*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
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](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!

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## 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), **chicken-style 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 (2 1/4 cups for 2 people / 4 1/2 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!

## Rate your recipe

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