



Prawn Thai-Style Green Curry with Rice

Rapid 20 Minutes • Medium Spice • 1.5 of your 5 a day

15



Basmati Rice



Carrot



Courgette



Coriander



Lime



Green Thai Curry Paste



Chilli Flakes



Coconut Milk



King Prawns



Diced Chicken Breast



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

All our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Sieve, Lid, Sharp Knife, Cutting Board, Large Frying Pan and Fine Grater.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Carrot**	1	2	2
Courgette**	1	2	2
Diced Chicken Breast**	280g	420g	560g
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Green Thai Curry Paste	1 pot	1½ pot	2 pots
Chilli Flakes	1 pinch	1 pinch	1 pinch
Coconut Milk	200ml	300ml	400ml
King Prawns 5)**	150g	250g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	458g	100g
Energy (kJ/kcal)	2419/578	528/126
Fat (g)	22	5
Sat. Fat (g)	16	4
Carbohydrate (g)	76	17
Sugars (g)	13	3
Protein (g)	22	5
Salt (g)	1.68	0.37
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	523g	100g
Energy (kJ/kcal)	2887/690	552/132
Fat (g)	24	5
Sat. Fat (g)	17	3
Carbohydrate (g)	76	15
Sugars (g)	13	3
Protein (g)	44	9
Salt (g)	0.84	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Cook the Rice

a) Fill and boil your kettle, pour the boiling **water** into a saucepan on high heat. Add ¼ tsp of **salt** and the **basmati rice**.


b) Lower the heat to medium and cook the **rice** until tender, 10-12 mins. When cooked, drain in a sieve and return to the pan, off the heat, with the lid on.



Cook the Curry

a) Add the **Thai curry paste** and a pinch of **chilli flakes** (only add a pinch, they're hot) and cook, stirring, for 30 seconds.

b) Stir in the **coconut milk** until everything is combined. Lower the heat and simmer with the lid on (or some foil) until the **carrots** and **courgettes** are almost tender, 4-5 mins. Stir in the **prawns** and cook for another 3-4 mins. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the centre.*

**CUSTOM RECIPE**

If you've changed from **prawns** to **chicken** in your recipe, ignore the **prawn** cooking instruction. Ensure the **chicken** is cooked by the end of the step above. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



Prep the Veggies

a) Meanwhile, trim the ends from the **carrot** and **courgette**.

b) Slice the **carrot** into thin rounds (no need to peel).

c) Chop the **courgette** into 1cm chunks.

d) Roughly chop the **coriander** (stalks and all).

e) Zest then chop the **lime** into wedges.



Finish Up

a) Stir the **lime zest** into the **rice** and season to taste with **salt** and **pepper**.

b) Add a squeeze of **lime juice** to your **curry**.


c) Season to taste with **salt** and **pepper**, adding more **lime juice** if you like.



Start the Curry

a) Heat a splash of **oil** in a large frying pan on medium-high heat.

b) Add the **carrots** and stir-fry until starting to soften, 2 mins. Add the **courgette** and stir-fry for another 2 mins.

**CUSTOM RECIPE**

If you've changed from **prawns** to **chicken** in your recipe, add it to the pan at the beginning of the step (before you cook the **carrot** and **courgette**). Stir fry until browned on the outside, 3-4 mins, then add the **carrot** and continue with the step and the rest of the recipe.



Serve

a) Serve the **rice** in bowls topped with the **curry** and a sprinkling of **coriander**.

b) Finish with another pinch of **chilli flakes** for anyone that likes things spicy, and the remaining **lime wedges**.

Enjoy!