



# Coconut Prawn Korma

with Green Beans, Chickpeas and Rice

**CLASSIC** 25 Minutes • Little Heat • 2 of your 5 a day

Nº 21



Onion



Garlic Clove



Green Beans



Chickpeas



Jasmine Rice



Korma Curry Paste



Coconut Milk



King Prawns



Extra King Prawns



### 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

### Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Colander, Measuring Jug, Saucepan and Frying Pan.

### Ingredients

|                        | 2P           | 3P           | 4P           |
|------------------------|--------------|--------------|--------------|
| Onion**                | 1            | 1            | 2            |
| Garlic Clove**         | 1 clove      | 2 cloves     | 2 cloves     |
| Green Beans**          | 1 small pack | 1 large pack | 1 large pack |
| Chickpeas              | 1 carton     | 1½ cartons   | 2 cartons    |
| Water for the Rice*    | 300ml        | 450ml        | 600ml        |
| Jasmine Rice           | 150g         | 225g         | 300g         |
| Korma Curry Paste 9)   | 1 sachet     | 1½ sachets   | 2 sachets    |
| Coconut Milk           | 200ml        | 300ml        | 400ml        |
| Water for the Sauce*   | 150ml        | 225ml        | 300ml        |
| King Prawns 5)**       | 150g         | 250g         | 300g         |
| Extra King Prawns 5)** | 150g         | 250g         | 300g         |

\*Not Included \*\* Store in the Fridge

### Nutrition

|                         | Per serving        | Per 100g        |
|-------------------------|--------------------|-----------------|
| for uncooked ingredient | 503g               | 100g            |
| Energy (kJ/kcal)        | 3002 /718          | 597 /143        |
| Fat (g)                 | 27                 | 5               |
| Sat. Fat (g)            | 18                 | 4               |
| Carbohydrate (g)        | 85                 | 17              |
| Sugars (g)              | 10                 | 2               |
| Protein (g)             | 28                 | 6               |
| Salt (g)                | 2.83               | 0.56            |
| <b>Custom Recipe</b>    | <b>Per serving</b> | <b>Per 100g</b> |
| for uncooked ingredient | 578g               | 100g            |
| Energy (kJ/kcal)        | 3197 /764          | 553 /132        |
| Fat (g)                 | 28                 | 5               |
| Sat. Fat (g)            | 18                 | 3               |
| Carbohydrate (g)        | 85                 | 15              |
| Sugars (g)              | 10                 | 2               |
| Protein (g)             | 40                 | 7               |
| Salt (g)                | 3.82               | 0.66            |

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

5) Crustaceans 9) Mustard

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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The Fresh Farm  
60 Worship St, London EC2A 2EZ

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## 1. Get Prepped

Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans** then chop into thirds. Drain and rinse the **chickpeas** in a colander.



## 4. Green Bean Time

Add the **green beans** to the **curry** and stir through. Cover with a lid (or some foil) and simmer until almost cooked, 4-5 mins.



## 2. Cook the Rice

Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



## 5. Prawn Time!

Add the **prawns** and drained **chickpeas** to the **curry**. Stir them through the **sauce**, cover again with a lid or foil then continue to simmer until the **prawns** are cooked through, 3-4 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle. Taste and season with more **salt** and **pepper** if you like. Add a splash of **water** to loosen the **curry** if you like.



### CUSTOM RECIPE

If you've chosen to get extra **prawns**, just cook them as the recipe tells you to above - you might need an extra splash of **water**. Proceed with the recipe as per normal.



## 3. Start the Curry

Heat a drizzle of **oil** in a large frying pan medium high heat. Add the **onion** and cook, stirring occasionally, until soft and golden, 5-6 mins. Add the **garlic** and **korma curry paste** and cook, stirring, for one minute. Add the **coconut milk** and **water** (see ingredients for amounts), season with **salt** and **pepper** and bring to a simmer. Lower the heat to medium and simmer for 3 mins.



## 6. Serve!

Fluff up the **rice** with a fork then divide between bowls and top with the **curry**.

## Enjoy!