

# **Coconutty Prawn Laksa**

with Rainbow Vegetable Mix

**EXTRA RAPID** 10 Minutes • Medium Heat







Red Chilli





Thai Yellow Curry Paste



Coconut Milk



Peanut Butter



Noodles



King Prawns



Rainbow Vegetable Mix



Soy Sauce

# Before you start

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

## Basic cooking tools, you will need:

 $\label{thm:continuous} \mbox{Fine Grater, Large Saucepan and Measuring Jug.}$ 

## Ingredients

	2P	3P	4P
Red Chilli**	1/2	3/4	1
Lime**	1/2	1	1
Thai Yellow Curry Paste	1 sachet	1⅓ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Boiling Water for the Laksa*	550ml	750ml	950ml
Peanut Butter 1)	1 sachet	2 sachets	2 sachets
Noodles <b>8) 13)</b>	2	3	4
King Prawns 5)**	180g	280g	360g
Rainbow Vegetable Mix**	1 bag	1⅓ bags	2 bags
Soy Sauce <b>11) 13)</b>	½ sachet	¾ sachet	1 sachet

<sup>\*</sup>Not Included \*\* Store in the Fridge

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	417g	100g
Energy (kJ/kcal)	2598 /621	623/149
Fat (g)	30	7
Sat. Fat (g)	18	4
Carbohydrate (g)	60	14
Sugars (g)	8	2
Protein (g)	30	7
Salt (g)	4.35	1.04

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

1) Peanut 5) Crustaceans 8) Egg 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

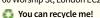
Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

#### Contact

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Packed in the UK







# 1. Get Prepped

- a) Fill and boil your kettle.
- **b)** Halve the **chilli** lengthways, deseed then finely chop.
- c) Zest and halve the lime.

## 2. Get Cooking

- a) Heat a drizzle of oil in a large saucepan over medium high heat.
- **b)** Add the **yellow Thai paste** and cook, stirring, for one minute. Add the **coconut milk**, boiling **water** (see ingredients for amounts), **peanut butter**, **half** the **red chilli** and a pinch of **sugar** (if you have some). Bring to a simmer.
- c) Add the egg noodles, stir to break up, and cook for one minute.
- **d)** Add the **prawns** and **rainbow vegetable mix**, stir well and cook until the **prawns** are cooked and the **noodles** are tender, 3-4 mins. *IMPORTANT:* The prawns are cooked when pink on the outside and opaque in the middle.

## 3. Finish and Serve

- a) Once the **prawns** are cooked, stir through the **lime zest** and **soy sauce** (see ingredients for amount you need) with a good squeeze of **lime juice**.
- **b)** The **noodles** may soak up some of the **coconutty liquid**. If this is the case, just add a splash of **water** to get it back to a soupy consistency.
- c) Taste and season with **pepper** and more **lime juice** if you like.
- **d)** Divide the laksa between bowls and top with any remaining **chilli**. Cut any remaining **lime** into **wedges** and serve with the **laksa**.

## **Enjoy!**