



# Coconutty Prawn Laksa

with Rainbow Vegetable Mix

**EXTRA RAPID** 10 Minutes • Medium Heat

N° 12



Red Chilli



Lime



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:

Fine Grater, Large Saucepan and Measuring Jug.

### Ingredients

	2P	3P	4P
Red Chilli**	½	¾	1
Lime**	½	1	1
Thai Yellow Curry Paste	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Boiling Water for the Laksa*	550ml	750ml	950ml
Peanut Butter <b>1)</b>	1 sachet	2 sachets	2 sachets
Noodles <b>8) 13)</b>	2	3	4
King Prawns <b>5)**</b>	180g	280g	360g
Rainbow Vegetable Mix**	1 bag	1½ bags	2 bags
Soy Sauce <b>11) 13)</b>	½ sachet	¾ sachet	1 sachet

\*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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The Fresh Farm  
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Packed in the UK



## 1. Get Prepped

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

## 2. Get Cooking

- Heat a drizzle of **oil** in a large saucepan over medium high heat.
- 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.
- Add the **egg noodles**, stir to break up, and cook for one minute.
- 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

- 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**.
- The **noodles** may soak up some of the **coconuty liquid**. If this is the case, just add a splash of **water** to get it back to a soupy consistency.
- Taste and season with **pepper** and more **lime juice** if you like.
- Divide the laksa between bowls and top with any remaining **chilli**. Cut any remaining **lime** into **wedges** and serve with the **laksa**.

Enjoy!