



Prawn Red Thai Style Curry with Rice

Rapid 20 Minutes • Little Spice • 1 of your 5 a day

16



Basmati Rice



Courgette



Carrot



Lime



Coriander



Red Chilli



Red Thai Style Paste



Coconut Milk



King Prawns



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.

Before you start

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

Cooking tools, you will need:

Kettle, Saucepan, Sieve, Large Frying Pan.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Courgette**	1	2	2
Carrot**	1	1	2
Lime**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	1	1
Red Thai Style Paste	50g	75g	100g
Coconut Milk	200ml	300ml	400ml
King Prawns** 5)	150g	225g	300g
5) King Prawns**	300g	450g	600g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	472g	100g
Energy (kJ/kcal)	2448 /585	518 /124
Fat (g)	22	5
Sat. Fat (g)	16	3
Carbohydrate (g)	71	15
Sugars (g)	12	3
Protein (g)	22	5
Salt (g)	2.72	0.58
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	547g	100g
Energy (kJ/kcal)	2642 /632	483 /115
Fat (g)	23	4
Sat. Fat (g)	16	3
Carbohydrate (g)	71	13
Sugars (g)	12	2
Protein (g)	33	6
Salt (g)	3.71	0.68

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.

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Cook the Rice

a) Fill and boil your kettle. Fill a saucepan with the boiling **water** and place on a high heat.

b) Add **¼ tsp** of **salt** and stir in the **basmati rice**.

c) Lower the heat to medium and cook the **rice** until tender, 10-12 mins.

d) When cooked, drain in a sieve and return to the pan, off the heat. Cover with a lid.



Prep the Veggies

a) Meanwhile, trim the **courgette** and chop into 1cm chunks.

b) Trim the **carrot** then slice into thin rounds (no need to peel)

c) Zest and halve the **lime**. Roughly chop the **coriander** (stalks and all).

d) Halve the **chilli** lengthways, deseed then finely chop.



Start the Curry

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

b) Add the **carrots** and stir-fry until starting to soften, 2-3 mins.

c) Add the **courgette** and stir-fry for another 2 mins.



Simmer the Curry

a) Stir in the **red Thai style paste** and **half** the **chilli** (add less if you don't like heat).

b) Cook for 30 seconds.

c) Mix in the **coconut milk** and add the **prawns**.

d) Bring to a simmer, cover with a lid (or some foil), and cook for 3-4 mins. **IMPORTANT:** *Wash your hands after handling raw prawns. The prawns are cooked when pink on the outside and opaque all the way through.*



Finish the Curry

a) Add a squeeze of **lime juice** to your **curry** with **half** of the **coriander**.

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



Serve

a) Mix the **lime zest** through the **rice** and serve the **rice** in bowls topped with the **prawn red Thai style curry**.

b) Finish with a sprinkling of **coriander** and the remaining **chilli**.

Enjoy!

CUSTOM RECIPE

If you've chosen to get extra **prawns**, just cook the recipe as instructed. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.