



Green Thai Style Prawn Stir Fry

With Bok Choy & Jasmine Rice

CLASSIC 25 Minutes • Medium Heat • 1 of your 5 a day



Jasmine Rice



Bok Choy



Green Pepper



Coriander



Garlic Clove



Salted Peanuts



King Prawns



Green Thai Paste

Before you start

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

Basic cooking tools you will need:

Saucepan, Fine Grater (or Garlic Press) and Large Frying Pan.

Ingredients

	2P	3P	4P
Water for Rice	300ml	450ml	300ml
Jasmine Rice	150g	225g	300g
Bok Choy	1	2	2
Green Pepper	1	1	2
Coriander	1 bunch	1 bunch	1 bunch
Garlic Clove	1 clove	2 cloves	2 cloves
Salted Peanuts 1)	1 small pot	1 large pot	2 small pots
King Prawns 5)	150g	250g	300g
Green Thai Paste	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	482g	100g
Energy (kJ/kcal)	1874 /448	389 /93
Fat (g)	10	2
Sat. Fat (g)	2	1
Carbohydrate (g)	65	14
Sugars (g)	5	1
Protein (g)	23	5
Salt (g)	1.88	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **5)** Crustaceans

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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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1. 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).



4. Finishing Off

Add the **garlic** and **green Thai curry paste** and stir well to combine. Cook stirring frequently until everything is coated well in the paste, 1 minute.



2. Prep

Meanwhile, trim the **bok choy** then thinly slice widthways. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Roughly chop the **peanuts**.



5. Fluff the Rice

Fluff up the **rice** with a fork. Stir in **half** of the chopped **coriander** and set aside.



3. Time to Cook

Heat a splash of **oil** in a large frying pan over a medium high heat. When hot, add the **green pepper** and cook until starting to soften and brown, 4-5 mins. Add the **prawns** and **bok choy** and cook for a further 3-5 mins. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*



6. Time To Serve

Start by sharing the **coriander rice** between your plates. Top with the **green Thai prawn mix**. Sprinkle on the chopped **peanuts** and remaining **coriander**.

Enjoy!

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.