



Prawn and Avocado

with Rice and Thai Dressing



HELLO HONEY

Bees are the only insect in the world that make food that people can eat.



Basmati Rice



Carrot



Avocado



Coriander



Lime



Red Chilli



Soy Sauce



Honey



King Prawns

MEAL BAG

20 mins

5 of your a day

Medium heat



Rapid recipe

Fresh, zesty, and on the table in 20 minutes flat, Chef Lizzie's prawn and avocado rice salad is the perfect thing to make if you're looking for something lighter. The fresh flavours in this dish are brought to life by the sweet and sticky Thai-style dressing and work really well with the different textures in this dish. If you're looking for a healthy quick-fix this week, this recipe is your answer.

GET PREPARED!

Fill and boil your Kettle.

BEFORE YOU START

🔥 Fill and boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Large Saucepan**, **Sieve**, **Coarse Grater**, **Fine Grater**, **Frying Pan** and **Mixing Bowl**. Let's start cooking the **Prawn and Avocado with Rice and Thai Dressing**.



1 COOK THE RICE

- Fill a large saucepan with the boiling water and bring back to the boil on high heat.
- When boiling, add the **rice** and cook for 8-10 mins, then drain in a sieve and set aside.



4 FRY THE PRAWNS

- Heat a drizzle of **oil** in a frying pan over medium-high heat.
- When hot, add the **prawns** and stir-fry for 3-4 mins. 🚫 **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the centre.
- Remove from the heat.



2 PREP THE VEGGIES

- Meanwhile, trim the **carrot** (no need to peel) and coarsely grate.
- Slice round the **avocado** lengthways and twist apart. Remove the stone, scoop out the flesh and roughly chop into chunks.
- Roughly chop the **coriander** (stalks and all). Zest the **lime** then chop into wedges. Halve the **red chilli** lengthways, deseed and finely chop.



5 ASSEMBLE THE SALAD

- Toss the cooked **rice** into a mixing bowl with the **grated carrot**.
- Stir through **half** the **coriander**, all the **lime zest** and a pinch of **chilli**.
- Season to taste with **salt** and **pepper** if needed.



3 MAKE THE DRESSING

- In a small bowl, stir together the **soy sauce**, **honey** and the **juice** of **half** the **lime**.
- Season to taste with **salt**, **pepper** and a pinch of **sugar** (if you have any).



6 SERVE

- Serve the **rice** in bowls topped with the **prawns**, chunks of **avocado**, a sprinkling of remaining **coriander** and **red chilli** (go easy on the **chilli** if you don't like things too hot!).
- Drizzle the **dressing** all over and top with the remaining **lime wedges** for squeezing over.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Basmati Rice	150g	225g	300g
Carrot *	1	1½	2
Avocado *	1	1½	2
Coriander *	1 bunch	1 bunch	1 bunch
Lime *	1	1½	2
Red Chilli *	½	¾	1
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Honey *	1 sachet	1½ sachets	2 sachets
King Prawns 5) *	120g	180g	250g

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 352G	PER 100G
Energy (kcal)	549	156
(kJ)	2297	652
Fat (g)	21	6
Sat. Fat (g)	4	1
Carbohydrate (g)	72	20
Sugars (g)	12	3
Protein (g)	18	5
Salt (g)	2.76	0.78

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

5) Crustaceans 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.

THUMBS UP OR THUMBS DOWN?

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