



Prawn and Avocado with Rice and Thai Dressing

BALANCED 20 Minutes • Under 600 Calories • Medium Heat • 1.5 of your 5 a day

N° 17



Basmati Rice



Carrot



Avocado



Coriander



Lime



Red Chilli



Soy Sauce



Honey



King Prawns

Before you start

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

Basic cooking tools, you will need:

Saucepan, Fine Grater, Frying Pan and Mixing Bowl.

Ingredients

	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)**	150g	250g	300g

** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	350g	100g
Energy (kJ/kcal)	2247 /537	643 /154
Fat (g)	18	5
Sat. Fat (g)	4	1
Carbohydrate (g)	72	21
Sugars (g)	12	3
Protein (g)	21	6
Salt (g)	4.24	1.21

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, 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.

Contact

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1. Cook the Rice

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

b) When boiling, add the **rice** and boil for 8-10 mins, then drain in a sieve and set aside.



4. Fry the Prawns

a) 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

a) Meanwhile, trim the **carrot** (no need to peel) and coarsely grate.

b) Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist and pull it apart. Remove the stone then scoop out all of the insides and roughly chop into chunks.

c) Roughly chop the **coriander** (stalks and all). Zest and halve the **lime** and then chop one of the halves into **wedges**. Halve the **red chilli** lengthways, deseed then finely chop.



5. Assemble the Salad

a) Toss the cooked **rice** into the bowl with the **grated carrot**. Stir through **half** the **coriander**, all the **lime zest** and a pinch of **chilli**.

b) Season to taste with **salt** and **pepper** if needed.



3. Make the Dressing

a) 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

a) 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!).

b) Drizzle the **dressing** all over and top with the remaining **lime wedges** for squeezing over.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Low Sugar

Featured Ingredient: King Prawns are a good source of selenium. Selenium is a mineral which has several different roles in the body. this includes contributing to the normal thyroid function.