



PRAWN AND AVOCADO SALAD

with Carrot Rice and Thai Dressing



HELLO AVOCADO

Avocados mature on the tree but only ripen once picked.



Basmati Rice



Carrot



Avocado



Coriander



Lime



Red Chilli



Soy Sauce



Honey



King Prawns

MEAL BAG



20 mins

Rapid recipe

2 of your 5 a day

Medium heat

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 Salad 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.



2 PREP THE VEGGIES

- Meanwhile, trim the **carrot** (no need to peel) and coarsely grate.
- Halve the **avocado** lengthways and twist apart. Remove the stone, scoop out the flesh and 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.



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).



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.



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.



6 SERVE

- Serve the **rice** in bowls topped with the **prawns**, chunks of **avocado** and 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 |

| NUTRITION FOR UNCOOKED INGREDIENTS | PER SERVING 352G | PER 100G |
|------------------------------------|------------------|----------|
| Energy (kcal) | 549 | 156 |
| (kJ) | 2295 | 652 |
| Fat (g) | 21 | 6 |
| Sat. Fat (g) | 4 | 1 |
| Carbohydrate (g) | 72 | 20 |
| Sugars (g) | 12 | 3 |
| Protein (g) | 18 | 5 |
| Salt (g) | 2.68 | 0.76 |

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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