



Prawn Massaman-Style Curry

with Chickpeas, Green Beans and Rice

Extra Rapid 10 Minutes • Medium Spice

27



Green Beans



Lime



Chickpeas



Massaman
Curry Paste



Peanut Butter



Coconut Milk



Vegetable
Stock Powder



King Prawns



Steamed Basmati
Rice





Before you start

All of our fruit and veggies need a little wash before you use them.

Cooking tools, you will need:

Chopping Board, Sharp Knife, Fine Grater, Sieve, Large Saucepan with Lid and Bowl.

Ingredients

	2P	3P	4P
Green Beans**	1 small bag	1 large bag	2 small bags
Lime**	½	1	1
Chickpeas	½ carton	¾ carton	1 carton
Massaman Curry Paste	1 small sachet	1 large sachet	2 small sachets
Peanut Butter 1)	1 pot	2 pots	2 pots
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Water*	100ml	150ml	200ml
King Prawns 5) **	150g	180g	250g
Steamed Basmati Rice	1 pouch	1½ pouches	2 pouches

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	598g	100g
Energy (kJ/kcal)	2881/689	482/115
Fat (g)	35	6
Sat. Fat (g)	18	3
Carbohydrate (g)	62	10
Sugars (g)	7	1
Protein (g)	29	5
Salt (g)	3.86	0.65

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **5)** Crustaceans **10)** Celery

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.

Contact

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HelloFresh UK

Packed in the UK

The Fresh Farm

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1



2



3



Get Prepped

a) Trim the **green beans** then chop into thirds.

b) Zest and halve the **lime**. Drain and rinse the **chickpeas**.

c) Heat a drizzle of **oil** in a large saucepan over medium-high heat.

d) When hot add the **massaman paste** and the **peanut butter**, cook, stirring, until aromatic, 1 minute.

Cook the Curry

a) Stir in the **coconut milk**, **vegetable stock powder**, **green beans**, **chickpeas** and **water** (see ingredients for amounts), bring to the boil, then stir in the **prawns** and cook for another 1-2 mins.

b) Season with **salt** and **pepper**, mix well and bring to a simmer. Lower the heat, cover with a lid (or some tin foil) and simmer until the **green beans** are tender and the **prawns** are cooked through, 4- 5 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the centre.

c) Meanwhile, cook the **steamed basmati rice** according to pack instructions.

Finish and Serve

a) Taste the **curry** and season with **salt** and **pepper** if needed.

b) Stir through half the **lime zest** and add a squeeze of **lime juice**.

c) Divide the **rice** between bowls and top with the **curry**. Sprinkle over the remaining **lime zest** and serve with **lime wedges** for squeezing over.

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.

