



Pad Thai-Style King Prawns

with Sweetcorn and Green Beans

RAPID 20 Minutes • Little Heat • 1 of your 5 a day

N° 17



Green Beans



Spring Onion



Garlic Clove



Lime



Sweetcorn



Egg Noodles



King Prawns



Pad Thai Paste



Soy Sauce

Before you start

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

Basic cooking tools you will need:

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

Ingredients

	2P	3P	4P
Green Beans**	1 small punnet	1 large punnet	1 large punnet
Spring Onion**	1	2	2
Garlic Clove**	1	2	2
Lime**	1	1½	2
Sweetcorn**	1 small tin	¾ large tin	1 large tin
Egg Noodles 8) 13)	2 nests	3 nests	4 nests
King Prawns 5)**	150g	250g	300g
Pad Thai Paste 11) 13)	50g	75g	100g
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	335g	100g
Energy (kJ/kcal)	1701 /407	508 /121
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	68	20
Sugars (g)	14	4
Protein (g)	25	7
Salt (g)	6.20	1.85

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans **8)** Egg **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.

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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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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1. Get Prepped!

a) Bring a large pan of **water** to the boil with ½ tsp of **salt** for the **noodles**.

b) Trim the **green beans** then chop in half.

c) Trim the **spring onions** then slice thinly.

d) Peel and grate the **garlic** (or use a garlic press).

e) Zest the **lime** and cut into wedges.

f) Drain the **sweetcorn** in a sieve.



4. Prawn Time!

a) Add the **prawns** and **sweetcorn** and continue stir frying for 3-4 mins, until the **beans** are tender and the **prawns** are just cooked.

b) Add the **garlic** and cook for 1 minute.

IMPORTANT: The prawns are cooked when pink on the outside and opaque in the middle.



2. Cook the Noodles!

a) When the saucepan of **water** is boiling, add the **noodles** and cook until tender, 4 mins.

b) Drain in a sieve.



5. Finish Up!

a) Add the **pad thai paste**, **soy sauce**, **half the lime zest** and the **noodles** to the pan and mix well.

b) Add a splash of **water** to loosen if you need to.

c) Cook until the **noodles** are piping hot.



3. Start Frying!

a) While the **noodles** are cooking, heat a drizzle of **oil** in a large frying pan on high heat.

b) Once hot, add the **green beans** and stir fry for 2 mins.



6. Serve!

a) Divide the **pad thai** between plates and top with the **spring onion**, **remaining lime zest** and **lime wedges**.

Enjoy!