



# Prawn Red Thai Curry

with Courgette, Carrot and Rice

**RAPID** 15 Minutes • Very Hot! • 1.5 of your 5 a day

N° 17



Basmati Rice



Courgette



Carrot



Lime



Coriander



Red Chilli



Red Curry Paste



Coconut Milk



King Prawns



## Before you start

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

### Basic cooking tools you will need:

Two Large Frying Pans (one with a Lid).

### Ingredients

|                  | 2P             | 3P              | 4P             |
|------------------|----------------|-----------------|----------------|
| Basmati Rice     | 150g           | 225g            | 300g           |
| Courgette**      | 1              | 2               | 2              |
| Carrot**         | 1              | 1               | 2              |
| Lime**           | ½              | ¾               | 1              |
| Coriander**      | 1 bunch        | 1 bunch         | 1 bunch        |
| Red Chilli**     | ½              | 1               | 1              |
| Red Curry Paste  | 1 small sachet | 1 medium sachet | 1 large sachet |
| Coconut Milk     | 200ml          | 300ml           | 400ml          |
| King Prawns 5)** | 150g           | 250g            | 300g           |

\*Not Included \*\* Store in the Fridge

### Nutrition

|                          | Per serving | Per 100g |
|--------------------------|-------------|----------|
| for uncooked ingredients | 468g        | 100g     |
| Energy (kJ/kcal)         | 2420 /579   | 517 /124 |
| Fat (g)                  | 21          | 5        |
| Sat. Fat (g)             | 17          | 4        |
| Carbohydrate (g)         | 74          | 16       |
| Sugars (g)               | 12          | 3        |
| Protein (g)              | 23          | 5        |
| Salt (g)                 | 2.75        | 0.59     |

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 5) Crustaceans

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

#### Thumbs up or thumbs down?

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Packed in the UK



## 1. Cook the Rice

- Fill and boil your kettle.
- Fill a saucepan with the boiling **water** and place on a high heat.
- Add ¼ tsp of **salt** and stir in the **basmati rice**. Lower the heat to medium and cook the **rice** until tender, 10-12 mins.
- When cooked, drain in a sieve and return to the pan, off the heat. Cover with a lid.



## 4. Simmer the Curry

- Stir in the **curry paste** and **half the chilli** (add less if you don't like heat). Cook for 30 seconds.
- Mix in the **coconut milk** and add the **prawns**.
- Bring to a simmer, cover with a lid (or some foil), and cook for 3-4 mins.
- IMPORTANT:** The prawns are cooked when pink on the outside and opaque all the way through.



## 2. Prep the Veggies

- Meanwhile, trim the **courgette** and chop into 1cm chunks.
- Trim the **carrot** then slice into thin rounds (no need to peel!).
- Zest, then halve the **lime**. Roughly chop the **coriander** (stalks and all).
- Halve the **chilli** lengthways, deseed then finely chop.



## 5. Finish the Curry

- Add a squeeze of the **juice** to your **curry** with **half of the coriander**.
- Season to taste with **salt** and **pepper**, add more **lime juice** if you like.



## 3. Start the Curry

- Heat a splash of **oil** in a large frying pan on medium-high heat.
- Add the **carrots** and stir-fry until starting to soften, 2-3 mins.
- Add the **courgette** and stir-fry for another 2 mins.



## 6. Serve

- Mix the **lime zest** through the **rice** and serve the **rice** in bowls topped with the **prawn red Thai curry**.
- Finish with a sprinkling of **coriander** and remaining **chilli**.

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.