



Prawn Red Thai Style Curry with Courgette and Zesty Basmati Rice

Classic 20 Minutes • Mild Spice • 1 of your 5 a day

6



Basmati Rice



Courgette



Carrot



Lime



Red Chilli



Red Thai Style Paste



Coconut Milk



King Prawns

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan with lid, sieve, zester and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Courgette**	1	2	2
Carrot**	1	1	2
Lime**	½	¾	1
Red Chilli**	½	1	1
Red Thai Style Paste	50g	75g	100g
Coconut Milk	200ml	300ml	400ml
King Prawns** 5)	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	465g	100g
Energy (kJ/kcal)	2443 / 584	525 / 126
Fat (g)	23.1	5.0
Sat. Fat (g)	16.9	3.6
Carbohydrate (g)	72.6	15.6
Sugars (g)	8.6	1.8
Protein (g)	21.6	4.6
Salt (g)	2.09	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Rice

- Boil a full kettle.
- When boiling, pour the **water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Bring on the Flavours

- Stir the **red Thai style paste** and **half the chilli** (add less if you don't like heat) into your pan. Cook for 30 secs.
- Mix in the **coconut milk** and bring to the boil.
- Stir in the **prawns** and cook for 4-5 mins.
IMPORTANT: Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque all the way through.



Prep the Veg

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



Finish the Curry

- Add a squeeze of **lime juice** to your **curry** and stir to combine.
- Season to taste with **salt, pepper** and more **lime juice** if you'd like.



Get Stir-Frying

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



Serve

- Fluff up the **rice** with a fork, then stir through the **lime zest** and serve in bowls topped with the **prawn curry**.
- Finish with a sprinkling of the remaining **chilli**.

Enjoy!