

THAI RED PRAWN CURRY

with Carrot, Red Pepper and Star Anise Rice





HELLO LEMONGRASS

The scent from lemongrass is used in insect repellents.









Basmati Rice



Carrot



Red Pepper





Ginger



Lemongrass



Coriander



Red Thai Curry Paste



Coconut Milk

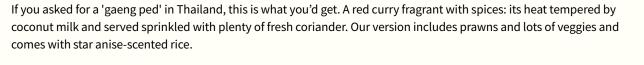












BEFORE YOU STAR

Our fruit and veggies need a little wash before you use them! Make sure you've got a Measuring Jug, Large Saucepan (with a Lid), Peeler, Fine Grater and Frying Pan. Now, let's get cooking!



COOK THE RICE Boil the water (see ingredients for amount) in a large saucepan on high heat. Stir in half the stock powder and the star anise. Pour in the rice, lower the heat to medium and cover with a lid. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins. **TIP:** The rice will finish cooking in its own steam.



PREP THE VEGGIES While the **rice** is cooking, trim the **carrot** (no need to peel) then slice widthways into ½cm thick diagonal slices. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the garlic (or use a garlic press). Peel and grate the **ginger**. Use the bottom of a frying pan to bash the lemongrass, then finely chop. Roughly chop the **coriander** (stalks and all).



FRY THE VEGGIES Heat a drizzle of **oil** in a frying pan on medium heat. Add the carrot and pepper along with a pinch of salt and a grind of black pepper. Cook until soft and slightly browned, 5 mins.



Nutrition for uncooked ingredients based on 2 person recipe.

MAKE THE CURRY Add the garlic, ginger and lemongrass to the pan, along with the red Thai curry paste. **TIP:** Some like it hot, but if you're not one of them, go easy on the curry paste, it's got a kick! Stir together and cook for 1 minute, then pour in the coconut milk and water (see ingredients for amount). Add the remaining stock powder and stir to dissolve. Bring to the boil, then lower the heat and simmer for 4 mins.



ADD THE PRAWNS After 4 mins, add the **prawns**. Stir so they are bmerged in the curry, and simmer for 4 mins more. **! IMPORTANT:** The prawns are cooked when pink on the outside and opaque all the way through. Halve the lime and squeeze some juice into the pan. Taste and add more lime juice, salt and pepper if desired.



FINISH AND SERVE Remove the star anise from the rice and fluff it up with a fork. Serve in bowls with a generous portion of prawn curry on top, and finished with a sprinkling of coriander. Enjoy!

INGREDIENTS

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Vegetable Stock Powder 10)	1 sachet	1 sachet	2 sachets
Star Anise	1	1	2
Basmati Rice	150g	225g	300g
Carrot *	1	1	2
Red Pepper *	1	2	2
Garlic Clove *	1	2	2
Ginger *	1 piece	1 piece	2 pieces
Lemongrass	1 stick	1 stick	2 sticks
Coriander *	1 bunch	1 bunch	1 bunch
Red Thai Curry Paste	¾ pot	1 pot	1½ pots
Coconut Milk	1 small tin	¾ large tin	1 large tin
King Prawns 5) *	120g	180g	250g
Lime *	1/2	1	1
Water for the Curry*	50ml	50ml	100ml

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 433G	PER 100G
Energy (kJ/kcal)	2381 /569	550/131
Fat (g)	21	5
Sat. Fat (g)	17	4
Carbohydrate (g)	76	18
Sugars (g)	12	3
Protein (g)	19	5
Salt (g)	3.74	0.86

ALLERGENS

5) Crustaceans 10) Celery

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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