



THAI RED PRAWN CURRY

with Carrot, Red Pepper and Star Anise Rice



HELLO LEMONGRASS

The scent from lemongrass is used in insect repellents.



Vegetable Stock Powder



Star Anise



Basmati Rice



Carrot



Red Pepper



Garlic Clove



Ginger



Lemongrass



Coriander



Red Thai Curry Paste



Coconut Milk



King Prawns



Lime

MEAL BAG

35 mins

2 of your 5 a day

Medium heat

If you asked for a 'gaeng ped' in Thailand, this is what you'd get. A red curry fragrant with spices: its heat tempered by coconut milk and served sprinkled with plenty of fresh coriander. Our version includes prawns and lots of veggies and comes with star anise-scented rice.

4

BEFORE YOU START

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!



1 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.



2 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).



3 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.



4 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.



5 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.



6 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!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	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 *	½	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

Nutrition for uncooked ingredients based on 2 person recipe.

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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