

# RED THAI PRAWN CURRY

with Carrot, Red Pepper and Basmati Rice





Lemongrass is also known as citronella grass.









Lemongrass





Easy Ginger

**Red Curry Paste** 



Coconut Milk



Vegetable Stock Pot





Steamed Basmati Rice



King Prawns



Lime

20 mins



1.5 of your 5 a day



You won't believe this curry took only 20 minutes to cook when you taste its incredible depth of flavour. Rich, warming and packed with fresh, flavourful ingredients, we predict that this recipe will become your weeknight go-to in no time! With homemade food this fast, you can say goodbye to those takeaway daydreams.





Let's start cooking the Red Thai Prawn Curry with Carrot, Red Pepper and Basmati Rice.



#### PREP THE VEGGIES

- a) Peel the carrot and remove the top and bottom, then cut into 1/2 cm thick slices.
- b) Halve, then remove the core from the pepper and cut into 1cm slices.
- c) Bash the **lemongrass** with a saucepan.
- d) Peel and grate the garlic (or use a garlic press).



### **2** STIR-FRY THE VEGGIES

- a) Heat a drizzle of oil in a frying pan on high heat.
- b) Add the carrot and pepper along with a grind of black pepper.
- c) Stir-fry for 4 mins.



# 3 SIMMER THE SAUCE

- a) Add the ginger, garlic and lemongrass to the pan, along with the **red 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!
- b) Stir together and cook for 1 minute, then pour in the water (see ingredients for amount) and coconut milk. Add the stock pot and stir to dissolve. Bring to the boil, then lower the heat and simmer for 2 mins.



# 5 ADD THE PRAWNS

- a) When the **curry** has cooked for 2 mins, add the king prawns. Stir so they are submerged in the sauce and simmer for 4-5 mins more. **1 IMPORTANT:** The prawns are cooked when pink on the outside and opaque all the way through.
- b) Squeeze in some lime juice. Taste and add more lime juice if necessary. Remove the lemongrass stick.



### 6 FINISH AND SERVE

a) Serve the rice in bowls topped with a generous portion of curry and a sprinkling of coriander.

**ENJOY!** 

# INGREDIENTS

	2P	4P
Carrot	1	2
Red Pepper	1	2
Lemongrass	1 stick	1 stick
Easy Ginger	½ sachet	2 sachets
Garlic	2	4
Red Curry Paste	1 tbsp	2 tbsp
Water*	2 tbsp	4 tbsp
Coconut Milk	200ml	400ml
Vegetable Stock Pot 10) 14)	1/2	1
Steamed Basmati Rice	1 pack	2 packs
Coriander	1 bunch	1 bunch
King Prawns 5)	150g	250g
Lime	1/2	1

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 491G	PER 100G
Energy (kcal)	533	109
(kJ)	2228	454
Fat (g)	25	5
Sat. Fat (g)	19	4
Carbohydrate (g)	57	12
Sugars (g)	14	3
Protein (g)	19	4
Salt (g)	3.96	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

#### **ALLERGENS**

5) Crustaceans 10) Celery 14) Sulphites

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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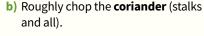


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microwave 800W for 3 mins).

EAT THE RICE

a) Meanwhile, stir-fry the **rice** for 3 mins in

another frying pan (no oil) over medium-

high heat (or squeeze pouch, tear strip and