



Spiced King Prawn Skewers

with Coconut Rice and Fresh Tomato Mango Salsa

Street Food 50 Minutes • Medium Spice • 2 of your 5 a day

31



Bamboo Skewers



Bell Pepper



Spring Onion



Poudre de Colombo



Honey



King Prawns



Garlic Clove



Desiccated Coconut



Basmati Rice



Vegetable Stock Paste



Lime



Medium Tomato



Green Chilli



Coriander



Mango

Before you start

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

Cooking tools, you will need:

Bowl, Baking Tray, Aluminium Foil, Garlic Press, Saucepan with Lid, Zester, Peeler.

Ingredients

	2P	3P	4P
Bamboo Skewers	4	6	8
Bell Pepper***	1	2	2
Spring Onion**	2	3	4
Poudre de Colombo 9)	1 sachet	1 sachet	2 sachets
Honey	2 sachets	3 sachets	4 sachets
King Prawns** 5)	250g	370g	500g
Garlic Clove**	2	3	4
Desiccated Coconut	15g	22g	30g
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Lime**	½	1	1
Olive Oil*	2 tbsps	3 tbsps	4 tbsps
Medium Tomato**	1	2	2
Green Chilli**	½	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Mango**	½	1	1

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	488g	100g
Energy (kJ/kcal)	2579 /616	531 /127
Fat (g)	15	3
Sat. Fat (g)	6	1
Carbohydrate (g)	93	19
Sugars (g)	28	6
Protein (g)	29	6
Salt (g)	2.73	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 9) Mustard 10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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1



Get Prepped

Preheat your oven to 220°C and pop your **skewers** into a shallow dish of **water** to soak. Halve the **pepper** and discard the core and seeds. Chop into 3cm sized chunks. Trim the **spring onion** and cut each into 4 even pieces. Pop the **poudre de colombo** into a large bowl and add a splash of **oil** and **half** the **honey**. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.** Season with **salt** and **pepper** and mix together. Add the **pepper, spring onion** and **prawns** to the bowl and mix together to coat in the **marinade**.

2



Thread the Skewers

Thread the **prawns, pepper** and **spring onion** pieces onto **skewers**, then pop them on a large baking tray lined with tin foil. Drizzle any extra **marinade** over the top. Set aside (you'll roast them later). **IMPORTANT: Wash your hands after handling raw prawns.** Peel and grate the **garlic** (or use a garlic press). Heat a medium saucepan on medium heat (no oil). Once hot, add the **desiccated coconut** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP: Watch it like a hawk as it can burn easily.** Transfer the **coconut** to a small bowl.

3



Cook the Rice

Pop your pan back on medium heat and add a drizzle of **oil**. Add the **garlic**, stir and cook for 30 seconds. Pour in the **cold water for the rice** (see ingredients for amount). Stir in the **rice** and the **stock paste**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).

4



Make the Salsa

Zest and halve the **lime**. Squeeze the **lime juice** into a medium bowl and add the remaining **honey, olive oil** (see ingredients for amount) and a pinch of **salt** and **pepper**. Chop the **tomato** into 1cm pieces and add to the bowl, mix together and leave it to the side for a few mins. **TIP: Adding salt to tomatoes makes them release their juices.** Thinly slice the **chilli** (be careful - it's hot), finely chop the **coriander** (stalks and all) and add **half** of each to the **tomatoes**. **TIP: Add less chilli if you don't like too much heat.**

5



Cook the Skewers

When the **rice** has come off the heat, pop the **skewers** on the top shelf of your oven to cook for 10-12 mins. **IMPORTANT: The prawns are cooked when pink on the outside and opaque in the middle.** Meanwhile, using a peeler, peel the **mango** then stand it upright on your chopping board. Slice down either side of the stone to give you 2 'cheeks'. Slice any remaining flesh from the stone, then chop the **mango** into 1cm pieces (see ingredients for amount you need). Discard the stone.

6



Finish and Serve

Fluff up the **rice** with a fork and stir through the **lime zest** and **desiccated coconut**. Add the **mango** to the **tomato** and mix together. Serve the **rice** with the **skewers** on top and a few spoonfuls of **mango tomato salsa** with its juices. Sprinkle over the remaining **coriander** and **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.