



More Than Food  
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within  
2 days



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## Sri Lankan Prawn Pilaf with Beetroot and Herb Slaw

Sri Lanka - they call it the pearl of India - because it really is that beautiful. The food is one of its main treasures and as an island - just like us - they love a dish with some tasty, fresh seafood. Plus, we've added gorgeous, wonderful beetroot, because it's in season so therefore at its most delicious! Fusion!

30 mins

spicy

seafood first

healthy



Garlic Clove (1)



Courgette (1)



Vegetable Stock Pot (1)



Sri Lankan Spice Blend (2 tsp)



Basmati Rice (1 cup)



Tiger Prawns (150g)



Lemon (1/2)



Flat Leaf Parsley (1 tbsp)




Beetroot (1)

## Ingredients

2 PEOPLE

ALLERGENS

Garlic Clove, grated	1	
Courgette, chopped	1	
Vegetable Stock Pot	1	Celery, Sulphites
Sri Lankan Spice Blend	2 tsp	
Basmati Rice	1 cup	
Tiger Prawns	150g	Crustaceans
Lemon	½	
Flat Leaf Parsely, chopped	1 tbsp	
Beetroot, grated	1	

 Our fruit and veggies may need a little wash before using

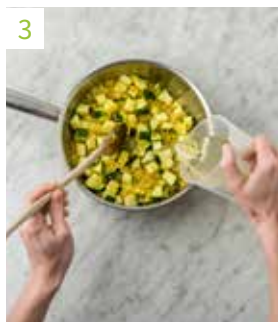
### Did you know...

Pilaf is traditionally a Middle Eastern dish consisting of sautéed rice, steamed in stock with the added option of poultry, meat or shellfish.

**Nutrition per serving:** Calories: 458 kcal | Protein: 25 g | Carbs: 85 g | Fat: 2 g | Saturated Fat: 1 g



**1** Peel and grate the **garlic**. Chop the top and bottom off the **courgette** and quarter each **courgette** lengthways. Cut each strip into 1cm chunks.



**2** Dissolve the **vegetable stock pot** in 350ml of boiling **water** and keep to one side.

**3** Heat a saucepan over medium heat and add 1 tbsp of **oil**. Stir in the **garlic** and add the **Sri Lankan spice blend**. Cook for a minute and then add the **rice** to the pan. Mix well to make sure the spices are evenly distributed. Add the **courgette** and pour in the **stock**. Bring to the boil and then pop a lid on. Reduce the heat to low and cook for 10 mins.



**4** After 10 mins remove the pan from the heat and stir in the **prawns**.  
**Tip:** *The prawns need to be submerged in the rice to cook through.* Leave the pan off the heat with the lid on for another 10 mins, to allow the heat of the **rice** to cook the **prawns** and the **rice** to finish cooking.

**5** As the **rice** and **prawns** get acquainted, finish off your last few jobs! Zest the **lemon** into a bowl and roughly chop the **parsley**. Mix half the **parsley** with the **lemon zest** and add 1½ tbsp of **olive oil**.



**6** Peel the **beetroot** and remove the top and bottom. Grate the **beetroot** on the coarse side of your grater and mix in a bowl with the **lemon zest** and **parsley**. Squeeze in half the **lemon juice**.

**7** Check your **prawns** are cooked. They should be pink on the outside and white all the way through. Squeeze in the other half of the **lemon juice**, the remaining **parsley** and mix well.

**8** Serve a generous amount of your pilaf (share your **prawns** out evenly!) and top with some of your zesty slaw.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!