



More Than Food  
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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!

40 mins

2 of your 5 a day

mild

eat within 2 days

mealkit



Onion (1)



Garlic Clove (1)



Courgette (1)



Water (350ml)



Vegetable Stock Pot (1)



Sri Lankan Spice Blend (2 tsp)



Basmati Rice (175g)



King Prawns (150g)



Lemon (1)



Flat Leaf Parsley (1 bunch)



Olive Oil (1½ tbsp)



Beetroot (1)

## 2 PEOPLE INGREDIENTS

- Onion, chopped **1**
- Garlic Clove, grated **1**
- Courgette, chopped **1**
- Water **350ml**
- Vegetable Stock Pot **1**
- Sri Lankan Spice Blend **2 tsp**
- Basmati Rice **175g**
- King Prawns **150g**
- Lemon **1**
- Flat Leaf Parsley, chopped **1 bunch**
- Olive Oil **1½ tbsp**
- Beetroot, grated **1**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

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

**Allergens:** Celery, Crustaceans, Sulphites.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	483 kcal / 2035 kJ	14 g	2 g	66 g	10 g	25 g	3 g
<b>Per 100g</b>	105 kcal / 442 kJ	3 g	0 g	14 g	2 g	5 g	1 g

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser (Tara Gum), **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

1



**1** Boil your kettle. Cut the **onion** in half through the root, peel and then chop into ½cm cubes or as small as you can. Peel and grate the **garlic** (or use a garlic press if you have one). Cut the top and bottom off the **courgette** and cut lengthways into four long strips. Chop each strip into 1cm chunks.

3



**2** Pour the boiling **water** (amount specified in the ingredient list) into a jug and dissolve the **vegetable stock pot** in it.

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

6



**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. The heat of the rice will cook your **prawns**, and your **rice** will finish cooking in its own steam.

**5** While your rice and prawns get acquainted, finish off your last few jobs! Zest the **lemon** into a bowl and roughly chop the **parsley**. Mix half of your **parsley** with a pinch of **lemon zest** and add the **olive oil** (amount specified in the ingredient list).

7



**6** Peel the **beetroot** and remove the top and bottom. Grate your **beetroot** on the coarse side of your grater and mix into the bowl with your **olive oil**, **lemon zest** and **parsley**. Squeeze in half the **lemon juice**. Taste and add more **zest** if you feel it needs a bit more zing!

**7** Check your **prawns** are cooked. They should be pink on the outside and white all the way through. If this isn't the case, leave the lid on for another 5 mins. Squeeze in the rest of the **juice** from your **lemon**. Mix in your remaining **parsley** and then taste your **rice**. Season with **salt** and **black pepper** if necessary. This is your pilaf!

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

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