



SRI LANKAN PRAWN PILAF

with Beetroot & Herb Slaw



HELLO BEETROOT

To remove beetroot from your hands, rub some lemon juice in them before you wash with soap and water



Onion



Garlic Clove



Courgette



Vegetable Stock Powder



Sri Lankan Curry Powder



Basmati Rice



Lemon



Flat Leaf Parsley



Beetroot



King Prawns

'The Pearl of the Indian Ocean' - that's the name given to Sri Lanka by visitors inspired by the island's beauty. We think its food worth waxing lyrical about too! Sri Lankans love both spice and seafood so we're celebrating those two things here and adding some lovely beetroot on the side.

MEAL BAG



40 mins



1 of your
5 a day



Medium heat

1

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Mixing Bowl**, **Peeler**, **Coarse Grater** and **Frying Pan**. Now, let's get cooking!



1 PREP THE VEGGIES

Pop your kettle on to boil. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim the **courgette**, then quarter lengthways. Chop widthways into small pieces. Once the kettle has boiled, pour the **water** (see ingredients for amount) into a measuring jug with the **stock powder** and stir to dissolve.



2 COOK THE RICE

Heat a splash of **oil** in a large saucepan on medium heat. Add the **onion** and cook, 4-5 mins. Stir in the **garlic**, **curry powder**, **rice** and **courgette**. Add the **stock** and bring to the boil. When boiling, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. ★ **TIP:** The rice will finish cooking in its own steam.



4 MAKE THE SLAW

Trim, peel and grate the **beetroot** on the coarse side of your grater. Add it to the bowl with the **parsley dressing** and squeeze in **half the lemon juice**. Season with **salt** and **pepper**. Taste and add more **salt**, **pepper**, **lemon juice** or **zest** if needed.



5 FRY THE PRAWNS

Heat a drizzle of **oil** in a frying pan on medium heat. When hot, add the **prawns**. Season with **salt**, **pepper** and a little **lemon juice** and cook, stirring occasionally, 5 mins. **! IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



3 MIX THE DRESSING

Meanwhile, zest the **lemon**. Roughly chop the **parsley** (stalks and all). Put **half the parsley** in a mixing bowl and add a pinch of **lemon zest** and the **olive oil** (see ingredients for amount).



6 FINISH AND SERVE

Gently fluff up the **rice** with a fork, stir in the **prawns** and add a squeeze more **lemon juice** and the remaining **parsley**. Taste the **pilaf** and season with more **salt**, **pepper** or **lemon juice** if needed. Serve a generous amount for each person - making sure the **prawns** are evenly distributed! Serve the **beetroot and herb slaw** on the side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion *	1	1	2
Garlic Clove *	1	1	2
Courgette *	1	1	2
Water*	300ml	450ml	600ml
Vegetable Stock Powder	1	1½	2
10)	sachet	sachets	sachets
Sri Lankan Curry Powder	¾ large pot	1 large pot	1½ large pots
Basmati Rice	150g	225g	300g
Lemon *	½	¾	1
Flat Leaf Parsley *	½ bunch	¾ bunch	1 bunch
Olive Oil*	1½ tbsp	2 tbsp	3 tbsp
Beetroot *	1	1	2
King Prawns 5) *	150g	180g	250g

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 480G	PER 100G
Energy (kcal)	489	102
(kJ)	2046	427
Fat (g)	7	2
Sat. Fat (g)	1	1
Carbohydrate (g)	82	17
Sugars (g)	21	4
Protein (g)	23	5
Salt (g)	1.81	0.38

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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