



# SUPER SPEEDY PRAWN PILAF

with Courgette and Coriander



## HELLO COURGETTE

Americans call these vegetables 'zucchini'.  
Their flowers are also edible!



Echalion Shallot



Courgette



Lime



Coriander



Goan Xacuti Curry Powder



Desiccated Coconut



King Prawns



Steamed Basmati Rice

MEAL BAG

10 mins

1 of your 5 a day

Medium heat

Rapid recipe

Thanks to their delicate taste, prawns are perfect for a spicy curry. In our super speedy prawn pilaf, our chefs have coated the prawns in Goan xacuti spice, which is hot and spicy curry powder that gives this dish a great kick. Desiccated coconut adds sweetness to create an overall flavoursome and fragrant dish. Paired with courgette because its mild flavour also works to soak up the spice, this dish can be made in a mere 10 minutes meaning more time spent at the table and less in the kitchen!

GET **PREPARED!**

Get out your **Utensils.**

# BEFORE YOU START

- 👉 Get out your **Utensils**. Let's start cooking the **Super Speedy Prawn Pilaf with Courgette and Coriander**.
- 👉 Wash the veggies.
- 👉 Make sure you've got a **Fine Grater** and **Large Frying Pan**.



## 1 PREP TIME

- Halve, peel and thinly slice the **shallot**.
- Trim the **courgette**, quarter lengthways and chop widthways into small pieces.
- Zest and halve the **lime**. Roughly chop the **coriander** (stalks and all).



## 2 GET COOKING

- Heat a splash of **oil** in a large frying pan over medium-high heat.
- When hot, add the **courgette** and **shallot**, cook until beginning to soften, 3 mins.



## 3 SPICE IT UP!

- Lower the heat to medium and add the **Goan Xacuti curry powder** and the **desiccated coconut**. Stir and cook until fragrant, 1 minute.



## 4 ADD THE PRAWNS

- Add the **prawns** to the pan. Add a splash more **oil** if necessary.
- Stir to coat the **prawns** in the **spice** and **coconut** and cook for 2 mins.



## 5 STIR IN THE RICE

- Next, break up the **rice** in the packet, then add to the pan. **★ TIP:** Continue to break it up with a spoon and heat until the prawns are cooked through, and the rice is piping hot, 2-3 mins. **🚫 IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



## 6 FINISH AND SERVE

- Stir through the **lime zest**, a good squeeze of **lime juice** and the **coriander**.
- Taste and add **salt** and **pepper** if necessary, then share between your bowls.

## DIG IN!

# 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Echalion Shallot *	1	1½	2
Courgette *	1	1½	2
Lime *	1	1½	2
Coriander *	1 bunch	1 bunch	1 bunch
Goan Xacuti Curry Powder	1 small pot	¾ large pot	1 large pot
Desiccated Coconut	25g	25g	50g
King Prawns 5) *	150g	250g	300g
Steamed Basmati Rice	1 pack	1½ packs	2 packs

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 394G	PER 100G
Energy (kJ/kcal)	1515 / 362	384 / 92
Fat (g)	12	3
Sat. Fat (g)	8	2
Carbohydrate (g)	43	11
Sugars (g)	8	2
Protein (g)	19	5
Salt (g)	2.18	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

5) Crustaceans

👉 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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