

# **Sweet and Sticky Mango Prawns**

with Rainbow Chard and Coconut Rice

**EXTRA RAPID** 10 Minutes • 1 of your 5 a day









Coriander







Lime







Rainbow Chard



Coconut Basmati Rice



King Prawns



Mango Chutney

# **Before you start**

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

## Basic cooking tools, you will need:

 $\label{eq:Fine Grater} \textit{Fine Grater (or Garlic press)}, \textit{Sieve and Frying Pan}.$ 

#### Ingredients

•			
	2P	3P	4P
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1 clove	2 cloves	2 cloves
Lime**	1/2	1	1
Sweetcorn	½ tin	¾ tin	1 tin
Rainbow Chard**	1 bag	1½ bags	2 bags
King Prawns 5)**	180g	250g	360g
Coconut Basmati Rice	1 pouch	2 pouches	2 pouches
Pad Thai Paste 11) 13)	50g	100g	100g
Mango Chutney	1 sachet	2 sachets	2 sachets

#### \*Not Included \*\* Store in the Fridge

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	432g	100g
Energy (kJ/kcal)	1697 /406	393 /94
Fat (g)	8	2
Sat. Fat (g)	4	1
Carbohydrate (g)	61	14
Sugars (g)	21	5
Protein (g)	22	5
Salt (g)	3.11	0.72

Nutrition for uncooked ingredients based on 2 person recipe.

#### **Allergens**

5) Crustaceans 11) Soya 13) Gluten

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.

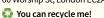
Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

#### Contact

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# 1. Get Started

- a) Roughly chop the coriander (stalks and all).
- **b)** Peel and grate the **garlic** (or use a garlic press).
- c) Zest the lime and cut into wedges.
- d) Drain and rinse the **sweetcorn** in a sieve (see ingredients for amount).

# 2. Start the Chard

- a) Heat a drizzle of oil in a frying pan on medium-high heat.
- **b)** Add the **rainbow chard** and fry until softened, 2-3 mins. Add a splash of **water** to help it wilt.
- c) Add the garlic, fry for a further minute.
- **d)** Add the **prawns** and cook for 2-3 mins. *IMPORTANT:* The prawns are cooked when pink on the outside and opaque in the middle.

## 3. Finish Off

- **a)** Add the **sweetcorn** and **coconut rice**, use a spatula to break-up the **rice**. Cook for 2-3 mins.
- b) Stir in the Pad Thai sauce and mango chutney until all combined and pipping hot.
- c) Add the lime zest and coriander and stir through.
- d) Divide between plates and serve with the lime wedges for squeezing over.

# **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.



Packed in the UK