



# Pil Pil Style Prawns

with Fluffy Rice and Roasted Peppers

**CLASSIC** 30 Minutes • Little Heat • 1.5 of your 5 a day



Onion



Red Pepper



Green Pepper



Garlic Clove



Red Chilli



Flat Leaf Parsley



Basmati Rice



Prawns



Red Wine Vinegar



Tomato Puree



Vegetable Stock Powder

## Before you start

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

### Basic cooking tools you will need:

Fine Grater (or Garlic Press), Measuring Jug, Saucepan, Baking Tray and Frying Pan.

### Ingredients

	2P	3P	4P
Onion**	1	1	2
Red Pepper**	1	2	2
Green Pepper**	1	1	2
Garlic Clove**	3	4	6
Red Chilli**	½	¾	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Olive Oil for the Onion*	1½ tbsp	2 tbsp	3 tbsp
Prawns 5)**	150g	250g	300g
Red Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
Sugar for the Sauce	¼ tsp	½ tsp	½ tsp
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	423g	100g
Energy (kJ/kcal)	1812/433	428/102
Fat (g)	6	1
Sat. Fat (g)	1	1
Carbohydrate (g)	75	18
Sugars (g)	13	3
Protein (g)	21	5
Salt (g)	1.89	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

5) Crustaceans 10) Celery 14) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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 Prepped

Preheat your oven to 220°C, fill and boil your kettle. Halve, peel and thinly slice the **onion**. Halve the **peppers** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed, then finely chop. Roughly chop the **parsley** (stalks and all).



## 4. Start the Sauce

While everything cooks, heat a drizzle of **olive oil** (see ingredients for amount) in a frying pan on medium high heat. Once hot, add the **onion** and season with **salt** and **pepper**. Cook until really nice and soft, 8-10 mins, and stir every few minutes. Once soft, add the **prawns, chilli** and **garlic**. **TIP: The chilli is hot, so add as much chilli as you like!** Stir together and cook for 2-3 mins. Add the **red wine vinegar**, allow it to bubble away until it has evaporated, 1 minute.



## 2. Cook the Rice

Pour the boiling **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid onto the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins, or until ready to serve (the rice will continue to cook in its own steam).



## 5. Finish the Sauce

Stir the **tomato puree** into the **prawns** and cook for 1 minute, then pour in the **water** (see ingredients for amount). Season with **salt** and **pepper** and add the **sugar** (see ingredients for amount) and **vegetable stock powder**. Stir together and cook until the **sauce** has thickened, 2-3 mins. Stir in the **pepper strips** once they're cooked. **IMPORTANT: The prawns are cooked when they're opaque all the way through.** Remove from the heat.



## 3. Roast the Pepper

Meanwhile, pop the **peppers** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Roast on the top shelf of your oven until charred and soft, 14-16 mins.



## 6. Finish and Serve

Taste the **sauce** and add **salt** and **pepper** if you feel it needs it. Add a splash of **water** if it has thickened too much. Stir in **half** the **parsley**. Fluff up the **rice** with a fork and spoon into bowls. Top with the **prawns** and finish with a sprinkling of remaining **parsley**.

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.