



Pronto Prawn & Black Bean Caribbean Style Curry

with Fluffy Rice

N° 17

BALANCED 15 Minutes • Under 600 Calories • Very Hot! • 1 of your 5 a day



Lime



Garlic Clove



King Prawns



Basmati Rice



Black Beans



Caribbean Jerk Spice Mix



Tomato Puree



Coconut Milk



Knorr Vegetable Stock Pot



Baby Spinach

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Fine Grater (or Garlic Press), Sieve, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Lime**	1	1	1
Garlic Clove**	1	2	2
King Prawns 5)**	150g	250g	300g
Basmati Rice	150g	225g	300g
Black Beans	½ carton	¾ carton	1 carton
Caribbean Jerk Spice Mix	1 small pot	¾ large pot	1 large pot
Tomato Puree	½ sachet	¾ sachet	1 sachet
Coconut Milk	200ml	300ml	400ml
Knorr Vegetable Stock Pot 10)	1 pot	1½ pots	2 pots
Water for Curry*	100ml	150ml	200ml
Baby Spinach**	1 small bag	1 large bag	1 large bag

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	430g	100g
Energy (kJ/kcal)	2508 /600	583 /139
Fat (g)	21	5
Sat. Fat (g)	17	4
Carbohydrate (g)	72	17
Sugars (g)	5	1
Protein (g)	27	6
Salt (g)	5.23	1.22

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 10) Celery

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.

Contact

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Packed in the UK



1. Get Started

a) Bring a large saucepan of **water** to the boil with ¼ tsp of **salt**.

b) Zest and cut the **lime** into wedges.

c) Peel and grate the **garlic** (or use a **garlic** press).

d) Pop the **prawns** and the **lime zest** in a bowl. Season with **salt** and **pepper**. Toss to coat, then set to one side.



4. Cook the Prawns

a) Stir the **prawns** into the **sauce**.

b) Cook until the **prawns** are cooked, 5 mins, stirring occasionally. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle!



2. Cook the Rice

a) Add the **rice** to the boiling **water** and cook for 12 mins. Drain in a sieve then return to the saucepan and set aside.

b) Meanwhile, drain and rinse the **black beans** in a sieve.



5. Fluff up the Rice

a) Once the **prawns** are almost cooked, add the **spinach** to the **curry**, a handful at a time, stirring until it has wilted in to the **sauce**.

b) Fluff up the **rice** with a fork, squeeze **half** the **lime juice**.



3. Get Cooking

a) Heat a drizzle of **oil** in a large pan over medium heat.

b) Add the **garlic**, **jerk spice mix** and **tomato** puree and cook, stirring regularly, until fragrant, 2 mins.

c) Pour in the **coconut milk**, **Knorr vegetable stock pot** and **water** (see ingredients for amount).

d) Stir to dissolve **stock**, add the **black beans** and bring to a simmer. Add a pinch of **salt** and **pepper**.



6. Finish Up

a) Once the **spinach** has wilted, season to taste with **salt** and **pepper**.

b) Divide the **rice** between your bowls with the **prawn and black bean curry** spooned on top.

c) Serve with the remaining **lime wedges**.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sugar

Featured Ingredient: King Prawns, are a good source of selenium. Selenium is a mineral which has several different roles in the body. this includes contributing to the normal thyroid function.