



# PRAWN AND COCONUT RICE

with Coriander & Peanut Drizzle



## HELLO COCONUT

*The name 'coconut' is derived from Portuguese sailors who saw the 3 holes on the coconut shell as a human face, naming it 'coco' meaning 'grin/grimace'. The word nut was added later on.*



Onion



Red Pepper



Garlic Clove



Ginger



Lime



Desiccated Coconut



Thai Spice Blend



Basmati Rice



Vegetable Stock Powder



Coriander



Salted Peanuts



King Prawns

MEAL BAG

35 mins

2 of your 5 a day

Medium heat



# BEFORE YOU START

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



## 1 GET PREPPED

Halve, peel and chop the **onion** into small pieces. Halve the **pepper**, remove the core and thinly slice. Peel and grate the **garlic** (or use a garlic press), peel and grate the **ginger**. Zest then halve the **lime**.



## 2 START FRYING

Heat a large frying pan on medium heat, add the **desiccated coconut**, toast until golden, 2-3 mins. Remove from the pan. Add a glug of **oil** to the pan, return to the heat and add the **onion** and **pepper**. Stir-fry until softened, 5-6 mins. Add the **ginger**, **Thai spice blend** (don't add it all if you don't like heat) and **lime zest**, mix together. Cook for 1 minute, stir in the **rice**, **water** (see ingredients for amount) and **stock powder**.



## 3 COOK THE RICE

Stir everything together and bring to a simmer, then reduce the heat to medium-low and cover the pan with a lid. Simmer 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 DRIZZLE

While the rice cooks, finely chop the **coriander** (stalks and all!) and roughly chop the **peanuts** (or make a small hole in the bag and whack it with a pan or rolling pin to break them up). Pop the **peanuts** and **half the coriander** in a bowl and squeeze in **half the lime juice**. Add the **olive oil** (see ingredients for amount) and stir together. Set aside.



## 5 STIR IN THE COCONUT

Six mins before the **rice** is cooked, heat a drizzle of **oil** in another large frying pan on medium-high heat. Add the **prawns** and a pinch of **salt** and **pepper**. Stir-fry until cooked. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the centre.* Add the **garlic** and cook for 1 minute more. When the **rice** is ready, fluff it up with a fork and stir in the **prawns**, **desiccated coconut** and the remaining **coriander**.



## 6 FINISH AND SERVE

Squeeze some of the remaining **lime juice** (to taste) into the **rice** along with some **salt** and **pepper** if you feel it needs it. Share the **rice** between bowls, and finish with spoonful of the **drizzle**. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion	1	1	2
Red Pepper	1	2	2
Garlic Clove	1	2	2
Ginger	1 piece	1 piece	2 pieces
Lime	1	1	2
Desiccated Coconut	1 pack	1 pack	2 packs
Thai Spice Blend 3)	1 small pot	1 small pot	1 large pot
Basmati Rice	150g	225g	300g
Water*	300ml	450ml	600ml
Vegetable Stock Powder 10)	1 pot	1½ pots	2 pots
Coriander	1 bunch	1 bunch	1 bunch
Salted Peanuts 1)	1 small pack	1 large pack	2 small packs
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
King Prawns 5)	150g	250g	280g

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 398G	PER 100G
Energy (kcal)	608	4
(kJ)	2542	17
Fat (g)	24	1
Sat. Fat (g)	9	1
Carbohydrate (g)	73	1
Sugars (g)	14	1
Protein (g)	24	1
Salt (g)	1.78	0.01

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

1) Peanut 3) Sesame 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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