



Prawn Green Thai-Style Curry

with Carrot and Rice

RAPID 20 Minutes • Medium Heat • 1.5 of your 5 a day

N° 17



Basmati Rice



Carrot



Courgette



Coriander



Lime



Green Thai Curry Paste



Chilli Flakes



Coconut Milk



Prawns

Before you start

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

Basic cooking tools you will need:

Saucepan, Sieve and Large Frying Pan.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Carrot**	1	2	2
Courgette**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Green Thai Curry Paste	1 pot	1½ pots	2 pots
Chilli Flakes	a pinch	a pinch	a pinch
Coconut Milk	200ml	300ml	400ml
Prawns 5)**	150g	250g	300g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	457g	100g
Energy (kJ/kcal)	2349 /562	514 /123
Fat (g)	21	5
Sat. Fat (g)	16	4
Carbohydrate (g)	75	16
Sugars (g)	12	3
Protein (g)	22	5
Salt (g)	2.65	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans

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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Packed in the UK



1. Cook the Rice

a) Fill and boil your kettle, pour the boiling **water** into a saucepan on high heat.

b) Add ¼ tsp of **salt** and the **basmati rice**.

c) Lower the heat to medium and cook the **rice** until tender, 10-12 mins.

d) When cooked, drain in a sieve and return to the pan, off the heat, with the lid on.



4. Cook the Curry

a) Add the **Thai curry paste** and a pinch of **chilli flakes** (only add a pinch, they're hot!) and cook, stirring, for 30 seconds.

b) Stir in the **coconut milk** until everything is combined.

c) Lower the heat and simmer with the lid on (or some foil) until the **carrots** and **courgettes** are almost tender, 4-5 mins.

d) Stir in the **prawns** and cook for another 3-4 mins. **IMPORTANT:** The prawns are cooked when **pink on the outside and opaque in the centre**.



2. Prep the Veggies

a) Meanwhile, trim the ends from the **carrot** and **courgette**.

b) Slice the **carrot** into thin rounds (no need to peel!).

c) Chop the **courgette** into 1cm chunks.

d) Roughly chop the **coriander** (stalks and all).

e) Zest then chop the **lime** into wedges



5. Finish Up

a) Stir the **lime zest** into the **rice** and season to taste with **salt** and **pepper**.

b) Add a squeeze of **lime juice** to your **curry**.

c) Season to taste with **salt** and **pepper**, adding more **lime juice** if you like.



3. Start the Curry

a) Heat a splash of **oil** in a large frying pan on medium-high heat.

b) Add the **carrots** and stir-fry until starting to soften, 2 mins.

c) Add the **courgette** and stir-fry for another 2 mins.



6. Serve

a) Serve the **rice** in bowls topped with the **curry** and a sprinkling of **coriander**.

b) Finish with another pinch of **chilli flakes** for anyone that likes things spicy, and the remaining **lime wedges**.

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.