



# Prawn Thai-Style Green Curry

with Rice

**RAPID** 20 Minutes • Medium Spice • 1.5 of your 5 a day

N° 17



Long Grain 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, Fine Grater and Frying Pan.

### Ingredients

|                        | 2P      | 3P      | 4P      |
|------------------------|---------|---------|---------|
| Long Grain 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          | 1 pinch | 1 pinch | 1 pinch |
| Coconut Milk           | 200ml   | 300ml   | 400ml   |
| Prawns 5)**            | 150g    | 250g    | 300g    |

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

### Nutrition

|                         | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 457g        | 100g     |
| Energy (kJ/kcal)        | 2356/563    | 516/123  |
| Fat (g)                 | 20          | 4        |
| Sat. Fat (g)            | 16          | 4        |
| Carbohydrate (g)        | 75          | 16       |
| Sugars (g)              | 11          | 3        |
| Protein (g)             | 22          | 5        |
| Salt (g)                | 1.63        | 0.36     |

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 5) Crustaceans

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

#### Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

♻️ You can recycle me!



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

**c)** 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.