



# Red Thai-Style Prawn Curry

with Easy Brown Rice

N° 17

**BALANCED** 15 Minutes • Under 600 Calories • 1.5 of your 5 a day • Little Heat



Carrot



Red Pepper



Garlic Clove



Red Curry Paste



Coconut Milk



Vegetable Stock Powder



Steamed Brown Basmati Rice



Coriander



Lime



King Prawns

## Before you start

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

### Basic cooking tools, you will need:

Make sure you've got a Peeler and two Frying Pans. Now, let's get cooking!

### 2|3|4 People-Ingredients

	2P	3P	4P
Carrot	1	1	2
Red Pepper	1	2	2
Garlic Clove	2	3	4
Red Curry Paste	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Water for Curry*	2 tbsp	3 tbsp	4 tbsp
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Steamed Brown Basmati Rice	1 pouch	1½ pouches	2 pouches
Coriander	1 bunch	1 bunch	1 bunch
Lime	½	¾	1
King Prawns 5)	150g	250g	300g

\*Not Included

### Nutrition

	Per serving	Per 100g
For uncooked ingredients:	431g	100g
Energy (kJ/kcal)	1661/397	385/92
Fat (g)	16	4
Sat. Fat (g)	9	2
Carbohydrate (g)	43	10
Sugars (g)	9	2
Protein (g)	19	4
Salt (g)	4.22	0.98

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

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.

### Contact

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### 1. Prep the Veggies

- Trim the **carrot** (no need to peel), half lengthways then thinly slice widthways.
- Halve the **red pepper**, remove the core and seeds then slice thinly. Peel and grate the **garlic** (or use a garlic press).



### 4. Heat the Rice

- Meanwhile, cook the **rice** according to pack instructions.
- Roughly chop the **coriander** and halve the **lime**.



### 2. Stir-Fry the Veggies

- Heat a drizzle of **oil** in a large frying pan on high heat.
- Add the **carrot** and **pepper** along with a grind of **pepper**. Stir-fry for 4 mins.



### 5. Add the Prawns

- When the **curry** has cooked for 2 mins, add the **prawns**.
- Stir so they are submerged in the **sauce** and simmer for 4-5 mins more. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque all the way through.
- Squeeze in some **lime juice**. Taste and add more **lime juice** if necessary. Add a splash of **water** if it's a bit thick.



### 3. Make the Sauce

- Add the **garlic** and **red curry paste**.
- Stir together and cook for 1 minute, then pour in the **coconut milk** and **water** (see ingredients for amount).
- Add the **stock powder** and stir to dissolve. Bring to the boil, then lower the heat and simmer for 2 mins.



### 6. Finish and Serve

- Share the **rice** between your bowls and serve with a generous portion of **curry** and a sprinkling of **coriander**.  
**Enjoy!**

### BALANCED RECIPE

#### Under 600 Calories • Low Sugar

**Featured Ingredient, Brown Rice:** Compared to white rice, brown rice is less processed, as the germ and the bran is still attached to the grain. Brown rice is high in magnesium and Riboflavin.