



# Sweet and Sticky Mango Prawns

with Rainbow Chard and Coconut Rice

**EXTRA RAPID** 10 Minutes • 1 of your 5 a day

Nº 12



Coriander



Garlic Clove



Lime



Sweetcorn



Rainbow Chard



King Prawns



Coconut Basmati Rice



Pad Thai Paste



Mango Chutney

## Before you start

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

### Basic cooking tools, you will need:

Fine Grater (or Garlic press), Sieve and Frying Pan.

### Ingredients

	2P	3P	4P
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1 clove	2 cloves	2 cloves
Lime**	½	1	1
Sweetcorn	½ tin	¾ tin	1 tin
Rainbow Chard**	1 bag	1½ bags	2 bags
King Prawns 5)**	180g	250g	360g
Coconut Basmati Rice	1 pouch	2 pouches	2 pouches
Pad Thai Paste 11) 13)	50g	100g	100g
Mango Chutney	1 sachet	2 sachets	2 sachets

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	432g	100g
Energy (kJ/kcal)	1697 /406	393 /94
Fat (g)	8	2
Sat. Fat (g)	4	1
Carbohydrate (g)	61	14
Sugars (g)	21	5
Protein (g)	22	5
Salt (g)	3.11	0.72

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

5) Crustaceans 11) Soya 13) Gluten

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

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Packed in the UK



## 1. Get Started

- Roughly chop the **coriander** (stalks and all).
- Peel and grate the **garlic** (or use a garlic press).
- Zest the **lime** and cut into wedges.
- Drain and rinse the **sweetcorn** in a sieve (see ingredients for amount).

## 2. Start the Chard

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Add the **rainbow chard** and fry until softened, 2-3 mins. Add a splash of **water** to help it wilt.
- Add the **garlic**, fry for a further minute.
- Add the **prawns** and cook for 2-3 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.

## 3. Finish Off

- Add the **sweetcorn** and **coconut rice**, use a spatula to break-up the **rice**. Cook for 2-3 mins.
- Stir in the **Pad Thai sauce** and **mango chutney** until all combined and pipping hot.
- Add the **lime zest** and **coriander** and stir through.
- Divide between plates and serve with the **lime wedges** for squeezing over.

## 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.