



Sweet and Sticky Mango Prawns with Kale and Coconut Rice

Extra Rapid 10 Minutes • Little Spice • 1 of your 5 a day

27



Coriander



Garlic Clove



Lime



Sweetcorn



Kale



King Prawns



Coconut Basmati Rice



Pad Thai Paste



Mango Chutney



Soy Sauce

Before you start

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

Cooking tools, you will need:

Garlic Press, Zester, Sieve, Frying Pan.

Ingredients

	2P	3P	4P
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	2	2
Lime**	½	1	1
Sweetcorn	150g	250g	326g
Kale**	100g	200g	200g
King Prawns 5)**	180g	250g	360g
Coconut Basmati Rice	1 pouch	2 pouches	2 pouches
Pad Thai Paste 11) 13)	1 sachet	2 sachets	2 sachets
Mango Chutney	1 sachet	2 sachets	2 sachets
Soy Sauce 11) 13)	½ sachet	1 sachet	1 sachet

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	423g	100g
Energy (kJ/kcal)	1765 /422	418 /100
Fat (g)	9	2
Sat. Fat (g)	4	1
Carbohydrate (g)	63	15
Sugars (g)	22	5
Protein (g)	23	6
Salt (g)	3.43	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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2



3



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).

Start the Kale

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Add the **kale** and a splash of **water**. Fry until softened, 2-3 mins.
- 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.

Finish Off

- Add the **sweetcorn** and **coconut rice**, using a spatula to break-up the **rice**. Cook, stirring frequently for 2-3 mins.
- Stir in the **Pad Thai paste**, **mango chutney** and **soy sauce** (see ingredients for amounts). Cook until combined and piping hot.
- Stir through the **coriander** and **lime zest**.
- Divide between your plates and serve with the **lime wedges** alongside for squeezing over.

Enjoy!