



Cooking Made Easy

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The Maharaja's King Prawn Pilau with Cardamom & Cashews

One of the key flavours in tonight's little taste of India is cardamom. It might look like a raisin with a suit of armour, but getting into it is pretty easy. Put the pod on a chopping board and either crush it using the back of a spoon or the base of the handle of your chopping knife, but be careful it doesn't ping away ;-)



35 min



seafood first



lactose free



spicy



gluten free



healthy



Onion



Garlic Clove



Red Chilli



Sugar Snap Peas



Cashew Nuts



Cashew Nuts



Ground Coriander



Turmeric



White Basmati Rice



Cardamom Pod



King Prawns



Coriander



Lime

Ingredients

	2P	4P
Onion, diced	1 cup	2 cups
Garlic Clove, diced	1	2
Red Chilli, diced	½	1
Sugar Snap Peas, halved	1 cup	2 cups
Ginger, diced	2 tsp	4 tsp
Cashew Nuts 1	1 tbsp	2 tbsp
Ground Coriander	1 tsp	2 tsp
Turmeric	½ tsp	1 tsp
White Basmati Rice	1 cup	2 cups
Cardamom Pod, crushed	2	4
King Prawns, chopped 2	1 cup	2 cups
Coriander, chopped	½ bunch	1 bunch
Lime	½	1

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Nut | 2) Crustaceans

Nutrition per serving: Calories: 418 kcal | Protein: 17 g | Carbs: 47 g | Fat: 18 g | Saturated Fat: 6 g



1 Peel the onion and the garlic before dicing both very finely. Cut the red chilli in half lengthways. Remove all the seeds before finely dicing up as much as you dare (we used 1 tsp). Cut your sugar snap peas in half.



2 Peel the ginger using the edge of a spoon. Next just finely dice the ginger.



3 Toast your cashew nuts in a large non-stick pan on medium-high heat. They will take a few minutes to brown off but watch them like a sheepdog as they can burn really quickly. Remove them from the pan and keep them for later.



4 Turn the heat to medium and add a tsp of butter (if you have some) together with 1 tbsp of oil. Gently cook the onion for about 4 mins until soft. Add the fresh ginger, garlic, ground (not fresh) coriander, turmeric and chilli. Cook for 2 more mins.

5 Add the rice and cook for 2 mins

before adding 350ml of water, a ¼ tsp of salt and the crushed cardamom pods. Bring the water to the boil, put a lid on the pot and turn the heat to low. Cook for 10 mins then leave off the heat for another 10 mins. Don't peek under the lid until 20 mins are up or your rice won't be perfect!

6 While the rice cooks, heat 1 tbsp of oil in a non-stick pan on high heat. Cook the sugar snap peas for 4 mins, then remove. Meanwhile, chop up your prawns into pea-sized chunks. Once the sugar snap peas are removed, add 2 tsp oil and fry the prawns in the pan with a pinch of salt and pepper and cook until they have just turned pink.

7 Once your rice is cooked, fluff it up with a fork. Add in the prawns, sugar snap peas, chopped fresh coriander and cashew nuts. Lastly, squeeze over a tbsp of lime juice.