



Korma Style Spiced Prawn Pilaf with Garlicky Green Beans

Calorie Smart 30-35 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories

28



Onion



Garlic Clove



Korma Curry Paste



Basmati Rice



Vegetable Stock Paste



Green Beans



Lime



King Prawns



Natural Yoghurt



Mango Chutney



King Prawns

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Garlic press, saucepan, lid, fine grater and frying pan.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1	1	2
Korma Curry Paste 9	50g	75g	100g
Basmati Rice	150g	225g	300g
Vegetable Stock Paste 10	10g	15g	20g
Green Beans**	80g	150g	150g
Lime**	½	1	1
King Prawns** 5	150g	225g	300g
Natural Yoghurt** 7	75g	125g	150g
Mango Chutney	40g	60g	80g
King Prawns**	300g	450g	600g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	520g	100g	595g	100g
Energy (kJ/kcal)	2107 / 504	405 / 97	2327 / 556	391 / 93
Fat (g)	7.8	1.5	8.5	1.4
Sat. Fat (g)	1.6	0.3	1.9	0.3
Carbohydrate (g)	85.8	16.5	85.8	14.4
Sugars (g)	21.6	4.2	21.6	3.6
Protein (g)	23.0	4.4	34.8	5.8
Salt (g)	3.65	0.70	4.55	0.76

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

5) Crustaceans **7)** Milk **9)** Mustard **10)** Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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Spice the Onions

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a medium saucepan (with a tight-fitting lid) on medium-high heat.

Once hot, add the **onion** and cook, stirring occasionally, until softened, 5-6 mins.

Stir in the **korma curry paste** and **half** the **garlic**, then cook for 1 min more.



Bring on the Beans

When the **rice** has 10 mins left, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **green beans** and season with **salt** and **pepper**. Stir-fry until starting to char, 3-4 mins.

Meanwhile, drain the **prawns**. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.

CUSTOM RECIPE

If you've chosen to double up on **king prawns**, prep and cook the recipe in exactly the same way.



Cook the Rice

Stir the **rice**, **veg stock paste** and **water for the rice** (see pantry for amount) into the **onion** pan and bring to the boil.

Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Stir-Fry the Prawns

Once the **beans** are charred, add the **prawns** to the pan and stir-fry for 3-4 mins.

Stir in the remaining **garlic** and cook for 1 min more, then remove from the heat.

IMPORTANT: The prawns are cooked when pink on the outside and opaque in the middle.



Get Prepped

While the **rice** cooks, trim the **green beans** and cut into thirds.

Zest and halve the **lime** (see ingredients for amount).



Combine and Serve

Once the **rice** is cooked, fluff it up with a fork and stir through the **mango chutney**.

Add the **mango rice**, **lime zest** and a good squeeze of **lime juice** to your pan of **prawns** and **beans**. Stir together until combined.

Taste and add **salt**, **pepper** and more **lime juice** if needed.

Spoon the **prawn pilaf** into bowls, then top with a dollop of **yoghurt**.

Enjoy!