



# Yellow Thai Style King Prawn Curry

with Zesty Jasmine Rice

Classic 25-30 Minutes • Medium Spice • 1 of your 5 a day

6



Jasmine Rice



Carrot



Garlic Clove



Lime



Thai Style Spice Blend



Yellow Thai Style Paste



Coconut Milk



Soy Sauce



King Prawns



King Prawns

#### Pantry Items

Oil, Salt, Pepper, Sugar

#### 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

Saucepan, lid, garlic press, fine grater and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Carrot**	1	2	2
Garlic Clove**	2	3	4
Lime**	1	1½	2
Thai Style Spice Blend <b>3</b>	1 sachet	1½ sachets	2 sachets
Yellow Thai Style Paste	45g	67g	90g
Coconut Milk	180ml	250ml	360ml
Soy Sauce <b>11</b> <b>13</b>	15ml	22ml	30ml
King Prawns** <b>5</b>	150g	225g	300g
King Prawns* <b>5</b>	150g	225g	300g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Rice*	300ml	450ml	600ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>531g</b>	<b>100g</b>	<b>606g</b>	<b>100g</b>
Energy (kJ/kcal)	2220 /531	418 /100	2386 /570	394 /94
Fat (g)	19.7	3.7	20.1	3.3
Sat. Fat (g)	14.0	2.6	14.2	2.3
Carbohydrate (g)	69.8	13.1	69.8	11.5
Sugars (g)	7.1	1.3	7.1	1.2
Protein (g)	17.7	3.3	26.6	4.4
Salt (g)	3.56	0.67	4.58	0.76

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

## Allergens

**3**) Sesame **5**) Crustaceans **11**) Soya **13**) Cereals containing gluten

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

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## Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** 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).



## Simmer the Sauce

Next, pour the **coconut milk** into the pan. Stir in the **soy sauce**, **sugar** and the **water for the sauce** (see pantry for both amounts).

Bring to the boil, then reduce the heat slightly. Simmer until thickened, 4-5 mins.

Meanwhile, drain the **prawns**. **IMPORTANT: Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.**

## CUSTOM RECIPE

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



## Get Prepped

Meanwhile, trim the **carrot**, then halve lengthways (no need to peel). Thinly slice widthways into pieces about 1cm thick.

Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lime**.



## Add the Prawns

Once the **sauce** has thickened, stir in the **prawns**. Cook for 5-6 mins.

Squeeze in some **lime juice**. Add a splash of **water** if it's a little too thick.

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

When the **rice** is cooked, fluff it up with a fork and stir through the **lime zest**. Cut any remaining **lime** into wedges.



## Fry the Veg

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **carrot** and stir-fry until tender, 4-5 mins.

Lower the heat to medium. Stir in the **garlic**, **Thai style spice blend** (add less if you'd prefer things milder) and **yellow Thai style paste**. Stir-fry for 1 min until fragrant.



## Serve

Share the **zesty rice** between your serving bowls.

Spoon over the **Thai style king prawn curry**. Serve with any remaining **lime wedges** to finish.

## Enjoy!