



# Ultimate Red Thai Style King Prawn Curry

with Smacked Cucumber and Zesty Rice

Ultimate 25-30 Minutes • Medium Spice • 2 of your 5 a day

35



Jasmine Rice



Lime



Garlic Clove



Baby Cucumber



Soy Sauce



Red Thai Style Paste



Coconut Milk



Sambal Paste



King Prawns



Young Pea Pods



Coriander



Cashew Nuts

#### Pantry Items

Oil, Salt, Pepper, Sugar

## 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, fine grater, garlic press, rolling pin, bowl and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Lime**	1	1	1
Garlic Clove**	2	3	4
Baby Cucumber**	1	2	2
Soy Sauce <b>11</b> <b>13</b>	30ml	50ml	60ml
Red Thai Style Paste	50g	75g	100g
Coconut Milk	180ml	250ml	360ml
Sambal Paste	15g	22g	30g
King Prawns** <b>5</b>	150g	225g	300g
Young Pea Pods**	150g	230g	300g
Coriander**	1 bunch	1 bunch	1 bunch
Cashew Nuts <b>2</b>	25g	50g	50g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Curry*	100ml	150ml	200ml

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>706g</b>	<b>100g</b>
Energy (kJ/kcal)	2796 /668	396 /95
Fat (g)	27.8	3.9
Sat. Fat (g)	15.4	2.2
Carbohydrate (g)	79.7	11.3
Sugars (g)	12.0	1.7
Protein (g)	25.3	3.6
Salt (g)	5.28	0.75

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**2) Nuts 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).



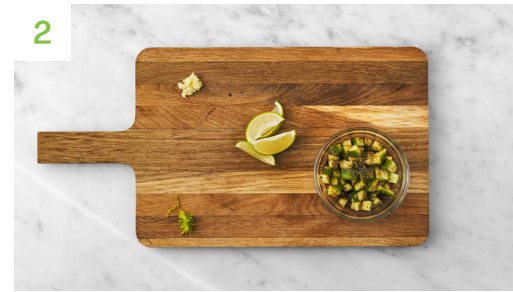
## Add the Prawns

While the **curry sauce** thickens, drain the **prawns**.

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

**IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.

Add the remaining **lime juice**. Taste and season with **salt** and **pepper** if needed.



## Prep Time

Meanwhile, zest and cut the **lime** into wedges. Peel and grate the **garlic** (or use a garlic press).

Trim the **cucumber**, then pop it onto a board and use a rolling pin to gently smack it a few times until split. Cut into roughly 2cm chunks.

In a medium bowl, combine **half** the **lime juice**, **half** the **soy sauce** and the **sugar for the pickle** (see pantry for amount). Season with **pepper**.

Toss the **cucumber** through the **dressing**, then set aside to pickle.



## Finishing Touches

While the **curry** finishes cooking, roughly chop the **coriander** (stalks and all).

Crush the **cashews** in the unopened sachet using a rolling pin.

When the **rice** is cooked, fluff it up with a fork. Stir through the **lime zest**.

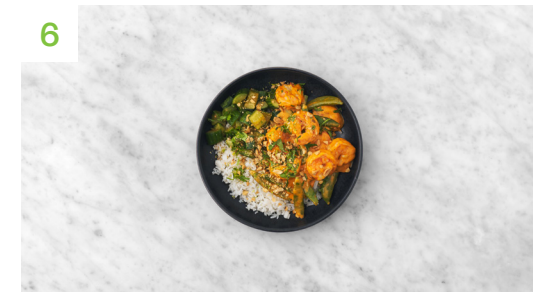


## Curry Up

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

Once hot, add the **garlic** and **red Thai style paste**. Cook until fragrant, 1 min.

Mix in the **coconut milk**, **sambal**, remaining **soy sauce**, **sugar** and **water for the curry** (see pantry for both amounts). Bring to a boil, then reduce the heat slightly. Simmer until thickened, 4-5 mins.



## Serve Up

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

Top with your **ultimate red Thai style king prawn curry**. Sprinkle over the **coriander** and **crushed cashews** to finish.

Serve with the **smacked cucumber** alongside.

## Enjoy!