



Coconut King Prawn Laksa

with Mangetout, Pak Choi and Peanut-Parsley Pesto

Premium 20 Minutes • Medium Spice • 1 of your 5 a day

30



Egg Noodle Nest



Pak Choi



King Prawns



Flat Leaf Parsley



Lime



Salted Peanuts



Yellow Thai Style Paste



Coconut Milk



Peanut Butter



Mangetout



Soy Sauce

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, sieve, kitchen paper, fine grater and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests
Pak Choi**	1	2	2
King Prawns** 5)	225g	300g	450g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Salted Peanuts 1)	25g	40g	40g
Yellow Thai Style Paste	45g	67g	90g
Coconut Milk	200ml	400ml	400ml
Peanut Butter 1)	30g	60g	60g
Mangetout**	80g	150g	150g
Soy Sauce 11) 13)	15ml	25ml	25ml
Pantry	2P	3P	4P
Sugar*	½ tsp	½ tsp	1 tsp
Water for the Sauce*	300ml	450ml	600ml
Olive Oil for the Salsa*	1½ tbsp	2 tbsp	3 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3471 / 830	737 / 176
Fat (g)	47.9	10.2
Sat. Fat (g)	23.7	5.0
Carbohydrate (g)	59.9	12.7
Sugars (g)	7.7	1.6
Protein (g)	39.9	8.5
Salt (g)	4.93	1.05

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

Allergens

1) Peanut **5)** Crustaceans **8)** Egg **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, 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.

Contact

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Cook the Noodles

- Fill and boil your kettle.
- Pour the **boiled water** into a large saucepan on medium heat.
- Add the **noodles** to the **water** and cook until tender, 4 mins.
- Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Add the Prawns and Veg

- Add the **prawns**, **mangetout** and **pak choi** to your **laksa**.
- Stir well and cook until the **prawns** are cooked and **veg** is tender, 5-6 mins. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*
- Meanwhile, in a small bowl, combine the **parsley**, **lime zest**, **peanuts**, **olive oil for the salsa** (see pantry for amount) and a squeeze of **lime juice**. Set aside your **parsley pesto**.



Prep Time

- Trim the **pak choi**, then cut into roughly 2cm pieces.
- Drain the **prawns** and pat dry with kitchen paper. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns.*
- Finely chop the **parsley** (stalks and all). Zest and halve the **lime** (see ingredients for amount).
- Crush the **peanuts** in the unopened sachet using a rolling pin.



Finishing Touches

- Once the **prawns** are cooked, stir the **cooked noodles** into the **laksa** and heat through until piping hot, 1 min. Add a splash of **water** if it's a little too thick.
- Stir through the **soy sauce** and a good squeeze of **lime juice**.
- Taste and season with **pepper** and more **lime juice** if you like.



Make your Laksa

- Heat a drizzle of **oil** in a large saucepan on medium-high heat.
- Add the **yellow Thai style paste** and cook, stirring, for 1 min.
- Stir in the **coconut milk**, **sugar** and **water for the sauce** (see pantry for both amounts).
- Bring to a boil, then lower the heat and stir in the **peanut butter** until well combined.



Serve

- Share your **prawn laksa** between your bowls and drizzle over the **parsley pesto**.
- Cut any remaining **lime** into **wedges** and serve alongside.

Enjoy!