



# Coconutty Prawn Laksa with Mangetout and Bok Choy

**Extra Rapid** 10 Minutes • Medium Spice • 1 of your 5 a day

27



Bok Choy



Red Chilli



Lime



Yellow Curry Paste



Coconut Milk



Peanut Butter



Noodles



King Prawns



Mangetout



Soy Sauce

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Kettle, Zester, Saucepan, Bowl.

## Ingredients

	2P	3P	4P
Bok Choy**	1	2	2
Red Chilli**	½	¾	1
Lime**	½	1	1
Yellow Curry Paste	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Boiling Water*	500ml	750ml	1000ml
Peanut Butter 1)	1 pot	2 pots	2 pots
Noodles 8) 13)	2 nests	3 nests	4 nests
King Prawns 5)**	180g	280g	360g
Mangetout**	80g	150g	150g
Soy Sauce 11) 13)	½ sachet	¾ sachet	1 sachet

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	424g	100g
Energy (kJ/kcal)	2596/620	613/146
Fat (g)	30	7
Sat. Fat (g)	18	4
Carbohydrate (g)	59	14
Sugars (g)	7	2
Protein (g)	30	7
Salt (g)	3.68	0.87

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

1) Peanut 5) Crustaceans 8) Egg 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



1



2



3



## Get Prepped

- Fill and boil your kettle.
- Trim the root from the **bok choy** and slice into roughly 2cm chunks.
- Halve the **chilli** lengthways, deseed then finely chop.
- Zest and halve the **lime**.

## Get Cooking

- Heat a drizzle of **oil** in a large saucepan over medium high heat.
- Add the **yellow curry paste** and cook, stirring, for 1 minute.
- Add the **coconut milk**, boiling **water** (see ingredients for amounts), **peanut butter**, **half** the **red chilli** and a pinch of **sugar**. Bring to a simmer.
- Add the **egg noodles**, stir to break up, and cook for 1 minute.
- Add the **prawns**, **mangetout** and **bok choy**, stir well and cook until the **prawns** are cooked and the **noodles** are tender, 3-4 mins. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*

## Finish and Serve

- Once the **prawns** are cooked, stir through the **lime zest** and **soy sauce** (see ingredients for amount you need) with a good squeeze of **lime juice**.
- The **noodles** may soak up some of the **coconutty liquid**. If this is the case, just add a splash of **water** to get it back to a **soupy** consistency.
- Taste and season with **pepper** and more **lime juice** if you like.
- Divide the **laksa** between bowls and top with any remaining **chilli**. Cut any remaining **lime** into **wedges** and serve with the **laksa**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.