

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













Korma Style Paste



Vegetable Stock



Ground Turmeric

Basmati Rice



Green Beans



King Prawns



Low Fat Natural Yoghurt



Mango Chutney



Pantry Items

Oil, Salt, Pepper, Olive Oil

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.

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 Style Paste 9)	50g	75g	100g			
Basmati Rice	150g	225g	300g			
Vegetable Stock Paste 10)	10g	15g	20g			
Ground Turmeric	½ sachet	¾ sachet	1 sachet			
Green Beans**	80g	150g	150g			
Lime**	1/2	1	1			
King Prawns** 5)	150g	225g	300g			
Low Fat Natural Yoghurt* 7)	75g	100g	150g			
Mango Chutney	40g	60g	80g			
King Prawns**	150g	225g	300g			
Pantry	2P	3P	4P			
Water for the Rice*	300ml	450ml	600ml			
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp			
*Not Included **Store in the Fridge						

Nutrition

Taci icioii			Custom Recipe	
Typical Values	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	375g	100g	450g	100g
Energy (kJ/kcal)	2265 /541	605/145	2485 /594	553/132
Fat (g)	11.8	3.1	12.5	2.8
Sat. Fat (g)	2.2	0.6	2.5	0.5
Carbohydrate (g)	86.2	23.0	86.2	19.2
Sugars (g)	21.6	5.8	21.6	4.8
Protein (g)	23.0	6.2	34.8	7.7
Salt (g)	3.66	0.98	4.56	1.01

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

 $\textit{Point}^{\text{\tiny{TM}}} \textit{values based on low-cal cooking spray oil.}$

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.

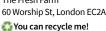
Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ





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 style paste and half the garlic, then cook for 1 min more.



Cook the Rice

Stir the rice, veg stock paste, turmeric 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).



Get Prepped

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

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



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.



Add the Prawns

Meanwhile, drain 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:** Wash your hands and equipment after handling raw prawns. They're 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.



Combine and Serve

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

Add the rice, lime zest and a squeeze of lime juice to the **prawn** pan. Stir together until combined. Taste and add salt and pepper if needed.

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

Cut the remaining **lime** into **wedges** and serve alongside for squeezing over.

Enjoy!



