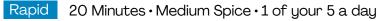


Prawn Green Thai Style Curry

with Courgette, Carrot and Zesty Rice





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Before you start

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

Cooking tools

Kettle, saucepan, sieve, lid, zester, frying pan and aluminium foil

Ingredients

	2P	3P	4P	
Basmati Rice	150g	225g	300g	
Carrot**	1	2	2	
Courgette**	1	2	2	
Lime**	1/2	1	1	
Green Thai Style Paste	1 sachet	1½ sachets	2 sachets	
Chilli Flakes	1 pinch	1 pinch	2 pinches	
Coconut Milk	200ml	400ml	400ml	
Vegetable Stock Paste 10)	10g	15g	20g	
King Prawns** 5)	150g	225g	300g	
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*Not Included **Store in the Fridae

Nutrition

	Per serving	Per 100g
for uncooked ingredient	462g	100g
Energy (kJ/kcal)	2346/561	508/121
Fat (g)	20.7	4.5
Sat. Fat (g)	16.7	3.6
Carbohydrate (g)	71.7	15.5
Sugars (g)	8.3	1.8
Protein (g)	22.0	4.8
Salt (g)	2.91	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 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

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HelloFresh UK

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





Cook the Rice

a) Boil a full kettle.

b) When boiling, pour the water into a large saucepan with 1/4 tsp salt on high heat. Add the rice and cook for 10-12 mins.

c) One cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Prep the Veg

a) While the rice cooks, trim the carrot (no need to peel), then slice into 1cm thick rounds.

b) Trim the courgette, then quarter lengthways. Chop into 1cm chunks.

c) Zest the lime, then chop into wedges.



Get Frying

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

b) Once hot, add the carrots and stir-fry until starting to soften, 2 mins.

c) Add the courgette and stir-fry for 2 mins more.



Make your Curry

a) Stir the green Thai style paste and a pinch of chilli flakes (careful, they're hot - add less if you don't like heat) into the **veg** and cook for 30 secs.

b) Mix in the coconut milk and vegetable stock paste until combined, then lower the heat.

c) Pop a lid on the pan (or cover with foil) and simmer until the **veg** is almost tender, 4-5 mins.

d) Remove the lid, bring to the boil, then stir in the prawns and cook for another 3-4 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.



Finish Up

a) Meanwhile, fluff up the rice with a fork and stir through the lime zest. Season to taste with salt and **pepper**.

b) Once the prawns are cooked, add a squeeze of lime juice to the curry and stir.

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



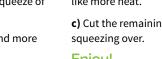
Serve

a) When ready, spoon the zesty rice into your bowls and top with the prawn curry.

b) Sprinkle with more chilli flakes for those who'd like more heat.

c) Cut the remaining lime into wedges for squeezing over.





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