



# THAI PRAWN RICE

with Lime and Coriander



NUTRITIONIST APPROVED



## HELLO PRAWNS

Prawns are high in protein, 100g of prawns contains 102 kcal, 23.5 g of protein, 87% of calories are from protein. Protein contributes to a growth in muscle mass.



Lime



Coriander



Bok Choy



Red Pepper



Ginger



Thai Spice Blend



King Prawns



Steamed Brown Basmati Rice

MEAL BAG

20 mins

1 of your 5 a day

Very hot!

Balanced

Under 550 calories

Low in sat fat

Fresh, zesty, and on the table in 20 minutes flat, Chef Jesse's Thai prawn rice bowl is the perfect thing to cook if you're looking for something light and healthy. Red pepper (a great source of Vitamin C), bok choy and ginger are stir fried with our delicious Thai spice blend, before being combined with juicy prawns and brown basmati rice. Finish off with a squeeze of fresh lime and freshly chopped coriander - tuck in and enjoy!

GET **PREPARED!**

Get out your **Utensils.**

# BEFORE YOU START

- 🔪 Get out your **Utensils**.
- 🧼 Wash the veggies.
- 🔪 Make sure you've got a **Fine Grater** and **Large Frying Pan**. Let's start cooking the **Thai Prawn Rice with Lime and Coriander**.



## 1 DO THE PREP

- Zest the **lime** then chop into wedges. Roughly chop the **coriander** (stalks and all).
- Trim the **bok choy** then thinly slice widthways.
- Halve the **pepper** and discard the core and seeds. Chop into small pieces. Peel and grate the **ginger**.



## 2 START COOKING

- Heat a drizzle of **oil** in a large frying pan over medium-high heat.
- When hot, add the **ginger**, the **bok choy** and the **red pepper**.
- Season with a pinch of **salt** and **pepper**. Stir-fry until the veggies begin to soften, 4-5 mins.



## 3 ADD SOME SPICE

- Stir in the **Thai spice blend** (add less if you don't like heat!) and cook for 30 seconds.   
★ **TIP:** Add a splash of water if the pan is getting dry.



## 4 COOK THE PRAWNS

- Add the **prawns** and stir-fry until cooked, 4-5 mins. 🚫 **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



## 5 FINISH UP

- Squeeze the pouch of **rice** and tear open. Stir the **rice** into the pan and stir-fry for another 2-3 mins until piping hot, breaking it up with your spoon.
- Remove the pan from the heat and stir through the **lime zest** and **half the coriander**.
- Season to taste with **salt** and **pepper** if needed.



## 6 SERVE

- Serve the **Thai prawn rice** in bowls finished with a sprinkling of the remaining **coriander**.
- Top with the **lime wedges** for squeezing over.

Enjoy!

# 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Lime *	1	1½	2
Coriander *	1 bunch	1 bunch	1 bunch
Bok Choy *	1	1½	2
Red Pepper *	1	1	2
Ginger *	½ piece	¾ piece	1 piece
Thai Spice Blend 3)	1 small pot	¾ large pot	1 large pot
King Prawns 5) *	150g	250g	280g
Steamed Brown Basmati Rice	1 pack	1½ packs	2 packs

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 403G	PER 100G
Energy (kJ/kcal)	1061 / 254	263 / 63
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	35	9
Sugars (g)	5	1
Protein (g)	17	4
Salt (g)	2.24	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

- 3) Sesame 5) Crustaceans

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

## 👍 THUMBS UP OR THUMBS DOWN?

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