



Everything
But The Chef

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Tom Yum Prawn Fried Rice

You know Tom Yum as the sweet and sour soup from your local Thai takeaway. Never ones to rest on our laurels, we've reinvented this humble dish as a delectable fried rice. An aromatic treat for the senses, you're going to love these dramatic flavours in an unexpected package.

Prep: 15 mins
 Cook: 15 mins
Total: 30 mins

level 1

gluten free

lactose free

seafood first

Pantry Items: *Vegetable Oil, Water, Fish Sauce*



Jasmine Rice



Prawns



Carrot



Green Capsicum



Tom Yum Curry Paste



Spring Onions



Coriander

| 2P | 4P | Ingredients |
|----------|-----------|---|
| ¾ cup | 1 ⅓ cups | jasmine rice |
| 1 ½ cups | 3 cups | water * |
| 2 tsp | 1 tbs | vegetable oil * |
| 180 g | 360 g | prawns |
| 1 | 2 | carrot, peeled & finely diced |
| ½ | 1 | green capsicum, finely diced |
| ½ bunch | 1 bunch | coriander, stalks chopped & leaves picked |
| 2 tbs | 4 tbs | tom yum curry paste |
| 1 tsp | 2 tsp | fish sauce * |
| 1 bunch | 2 bunches | spring onions, white & green parts finely sliced A |

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

| | | |
|--------------|------|----|
| Energy | 1210 | Kj |
| Protein | 22.5 | g |
| Fat, total | 5 | g |
| -saturated | 0.7 | g |
| Carbohydrate | 28.7 | g |
| -sugars | 7.8 | g |
| Sodium | 1980 | mg |

Measuretool

| | | |
|------|------|------|
| 0 cm | 1 cm | 2 cm |
| | | |



You will need: *chopping board, chef's knife, medium saucepan, sieve, plate, wok and spatula.*

1 Place the **jasmine rice** into a sieve and rinse it with cold tap water. The water will initially become cloudy, continue to rinse until the water becomes clear enough (it doesn't need to be crystal). Place the rice and **water** in a medium saucepan over a medium-high heat. Cover the saucepan with a lid and cook for **10-12 minutes** or until the rice is soft and the water has absorbed. The rice needs to be quite dry so transfer it to a sieve and drain any excess water.



2 Meanwhile, heat the **vegetable oil** in a wok or large frying pan over a high heat. Add the **prawns** and cook for **1-2 minutes** or until just pink. Remove from the pan and set aside. Add the **carrot**, **green capsicum**, and **coriander stalks** and stir fry for **2-3 minutes** or until just tender. Add in the **tom yum curry paste** and cook, stirring, for **1 minute** or until fragrant. Add the rice, cooked prawns, **fish sauce** and the **spring onions** and stir until evenly coated in the curry paste. Remove from the heat.



3 To serve, divide the fried rice between bowls and top with the **coriander leaves**.



Did you know? Tom Yum is thought to be a cold remedy, making it the perfect dish to enjoy during this chilly weather!