



Prawn Thai Style Green Curry

with Courgette, Carrot and Zesty Rice

Rapid 20 Minutes • Medium Spice • 1 of your 5 a day

N° 15



-  Basmati Rice
-  Carrot
-  Courgette
-  Coriander
-  Lime
-  Green Thai Curry Paste
-  Chilli Flakes
-  Coconut Milk
-  King Prawns
-  King Prawns

 **CUSTOM RECIPE**

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

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

Cooking tools, you will need:

Kettle, Saucepan with Lid, Sieve, Zester, Frying Pan, Bowl.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Carrot**	1	2	2
Courgette**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Green Thai Curry Paste	1 sachet	1½ sachets	2 sachets
Chilli Flakes	1 pinch	2 pinches	2 pinches
Coconut Milk	200ml	400ml	400ml
King Prawns 5)**	150g	250g	300g
King Prawns 5)**	300g	500g	600g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	451g	100g
Energy (kJ/kcal)	2382/569	529/126
Fat (g)	21	5
Sat. Fat (g)	16	3
Carbohydrate (g)	74	16
Sugars (g)	12	3
Protein (g)	22	5
Salt (g)	1.67	0.37
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	526g	100g
Energy (kJ/kcal)	2575/615	490/117
Fat (g)	21	4
Sat. Fat (g)	16	3
Carbohydrate (g)	74	14
Sugars (g)	12	2
Protein (g)	33	6
Salt (g)	2.66	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans

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?

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You can recycle me!



Cook the Rice

a) Fill and boil your kettle, pour the boiling **water** into a saucepan on high heat.

b) Add ¼ tsp of **salt** and the **basmati rice**.

c) Lower the heat to medium and cook the **rice** until tender, 10-12 mins.

d) When cooked, drain in a sieve and return to the pan, off the heat, with the lid on.



Cook the Curry

a) Add the **Thai curry paste** and a pinch of **chilli flakes** (only add a pinch, they're hot!) and cook, stirring, for 30 seconds.

b) Stir in the **coconut milk** until everything is combined.

c) Lower the heat and simmer with the lid on (or some foil) until the **carrots** and **courgettes** are almost tender, 4-5 mins.

d) Stir in the **prawns** and cook for another 3-4 mins. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*



If you've chosen to get extra **prawns**, just cook the recipe as instructed.



Prep the Veggies

a) Meanwhile, trim the ends from the **carrot** and **courgette**.

b) Slice the **carrot** into thin rounds (no need to peel).

c) Chop the **courgette** into 1cm chunks.

d) Roughly chop the **coriander** (stalks and all).

e) Zest then chop the **lime** into **wedges**



Finish Up

a) Stir the **lime zest** into the **rice** and season to taste with **salt** and **pepper**.

b) Add a squeeze of **lime juice** to your **curry**.

c) Season to taste with **salt** and **pepper**, adding more **lime juice** if you like.



Start the Curry

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

b) Add the **carrots** and stir-fry until starting to soften, 2 mins.

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



Serve

a) Serve the **rice** in bowls topped with the **curry** and a sprinkling of **coriander**.

b) Finish with another pinch of **chilli flakes** for anyone that likes things spicy, and the remaining **lime wedges**.

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.