



# MOROCCAN PRAWN RICE BOWL

with Chickpeas and Green Beans



## HELLO CHICKPEAS

Ground chickpeas have been used as a coffee substitute since the 18th Century and are still commonly used as a Caffeine alternative today!



Spring Onion



Garlic Clove



Green Beans



Chickpeas



Harissa Spice Mix



Turmeric



King Prawns



Steamed Basmati Rice



Natural Yoghurt

MEAL BAG

10 mins

Rapid recipe

1.5 of your 5 a day

Medium heat

Our Moroccan prawn rice bowl is a vibrant dish that is a feast for the eyes as well as the stomach. Plus, it can be whipped up in just 10 minutes. Seasoned with our harissa spice, the flavours in this dish are hard to beat when paired with prawns. Chickpeas are also great with intense flavour and they're a great addition to this dish for keeping you fuller for longer. Serve with garlicky green beans and spring onion along with basmati rice and a dollop of cooling yoghurt.

GET **PREPARED!**

Get out your **Utensils.**

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# BEFORE YOU START

🔪 Get out your **Utensils**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Fine Grater** (or **Garlic Press**), **Sieve** and **Large Frying Pan**. Let's start cooking the **Moroccan Prawn Rice Bowl with Chickpeas and Green Beans**.



## 1 PREP TIME

- a) Trim the **spring onions** then slice thinly. Peel and grate the **garlic** (or use a garlic press).
- b) Trim the **green beans** then chop into thirds.
- c) Drain and rinse the **chickpeas** in a sieve.



## 2 START FRYING

- a) Heat a drizzle of **oil** in a large frying pan on medium heat.
- b) Add **half** the **spring onion** and all the **green beans** and stir-fry until starting to soften, 2 mins.
- c) Stir in the **garlic** and a pinch of **salt** and **sugar** (if you have any). Cook for another minute.



## 3 SPICE IT UP

- a) Stir in the **harissa spice mix** and **turmeric**. Cook until fragrant, 30 seconds.



## 4 COOK THE PRAWNS

- a) Add the **chickpeas** and **prawns**. Stir-fry for another 2-3 mins.



## 5 NEARLY FINISHED

- a) Finally, stir in the **steamed basmati rice**, breaking it up with a spoon.
- b) Stir-fry until the **rice** is piping hot and the **prawns** are cooked through, 3-4 mins.
  - 🚫 **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



## 6 SERVE

- a) Season to taste with **salt** and **pepper** if needed.
- b) Serve the **Moroccan prawn rice** in bowls topped with a dollop of **natural yoghurt** and the remaining **spring onion**.

Enjoy!

# 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Spring Onion *	1	2	3
Garlic Clove *	2	3	4
Green Beans *	1 small pack	medium pack	medium pack
Chickpeas	1 carton	1½ cartons	2 cartons
Harissa Spice Mix	½ small pot	¾ small pot	1 small pot
Turmeric	1 pot	1½ pots	2 pots
King Prawns 5) *	150g	250g	300g
Steamed Basmati Rice	1 pack	1½ packs	2 packs
Natural Yoghurt 7) *	75g	115g	150g

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 411G	PER 100G
Energy (kJ/kcal)	1738 / 416	423 / 101
Fat (g)	8	2
Sat. Fat (g)	2	1
Carbohydrate (g)	54	13
Sugars (g)	5	1
Protein (g)	26	6
Salt (g)	2.69	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

5) Crustaceans 7) Milk

🧼 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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HelloFresh UK

Packed in the UK

The Fresh Farm  
60 Worship St, London EC2A 2EZ

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