



RED THAI PRAWN CURRY

with Carrot, Red Pepper and Basmati Rice



HELLO LEMONGRASS

Lemongrass is also known as citronella grass.



Carrot



Red Pepper



Lemongrass



Easy Ginger



Garlic



Red Curry Paste



Coconut Milk



Vegetable Stock Pot



Steamed Basmati Rice



Coriander



King Prawns



Lime

MEAL BAG

20 mins

1.5 of your 5 a day

Medium heat

Rapid recipe

You won't believe this curry took only 20 minutes to cook when you taste its incredible depth of flavour. Rich, warming and packed with fresh, flavourful ingredients, we predict that this recipe will become your weeknight go-to in no time! With homemade food this fast, you can say goodbye to those takeaway daydreams.

GET **PREPARED!**

Get your **Utensils** out.

BEFORE YOU START

- 🔪 Get your **Utensils** out.
 - 🧼 Wash the veggies.
 - 🔪 Make sure you've got a **Peeler** and two **Frying Pans**.
- Let's start cooking the **Red Thai Prawn Curry with Carrot, Red Pepper and Basmati Rice**.



1 PREP THE VEGGIES

- Peel the **carrot** and remove the top and bottom, then cut into ½cm thick slices.
- Halve, then remove the core from the **pepper** and cut into 1cm slices.
- Bash the **lemongrass** with a saucepan.
- Peel and grate the **garlic** (or use a garlic press).



4 HEAT THE RICE

- Meanwhile, stir-fry the **rice** for 3 mins in another frying pan (no oil) over medium-high heat (or squeeze pouch, tear strip and microwave 800W for 3 mins).
- Roughly chop the **coriander** (stalks and all).



2 STIR-FRY THE VEGGIES

- Heat a drizzle of **oil** in a frying pan on high heat.
- Add the **carrot** and **pepper** along with a grind of **black pepper**.
- Stir-fry for 4 mins.



5 ADD THE PRAWNS

- When the **curry** has cooked for 2 mins, add the **king prawns**. Stir so they are submerged in the **sauce** and simmer for 4-5 mins more. **🚫 IMPORTANT:** *The prawns are cooked when pink on the outside and opaque all the way through.*
- Squeeze in some **lime juice**. Taste and add more **lime juice** if necessary. Remove the **lemongrass stick**.



3 SIMMER THE SAUCE

- Add the **ginger**, **garlic** and **lemongrass** to the pan, along with the **red curry paste**.
★ **TIP:** *Some like it hot, but if you're not one of them, go easy on the curry paste. It's got a kick!*
- Stir together and cook for 1 minute, then pour in the **water** (see ingredients for amount) and **coconut milk**. Add the **stock pot** and stir to dissolve. Bring to the boil, then lower the heat and simmer for 2 mins.



6 FINISH AND SERVE

- Serve the **rice** in bowls topped with a generous portion of **curry** and a sprinkling of **coriander**.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	4P
Carrot	1	2
Red Pepper	1	2
Lemongrass	1 stick	1 stick
Easy Ginger	½ sachet	2 sachets
Garlic	2	4
Red Curry Paste	1 tbsp	2 tbsp
Water*	2 tbsp	4 tbsp
Coconut Milk	200ml	400ml
Vegetable Stock Pot 10) 14)	½	1
Steamed Basmati Rice	1 pack	2 packs
Coriander	1 bunch	1 bunch
King Prawns 5)	150g	250g
Lime	½	1

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 491G	PER 100G
Energy (kcal)	533	109
(kJ)	2228	454
Fat (g)	25	5
Sat. Fat (g)	19	4
Carbohydrate (g)	57	12
Sugars (g)	14	3
Protein (g)	19	4
Salt (g)	3.96	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

5) Crustaceans 10) Celery 14) Sulphites

🧼 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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