



# THAI PRAWN CAKES

with Sweet Potato, Stir-Fried Broccoli and Coriander Mayo



## HELLO PRAWNS

Researchers in Egypt are developing a method for turning prawn shells into biodegradable plastic!



Sweet Potato



Spring Onion



Coriander



Lime



Soy Sauce



Red Thai Curry Paste



King Prawns



Plain Flour



Panko Breadcrumbs



Garlic Clove



Broccoli



Mayonnaise

MEAL BAG

Hands on: **30** mins  
Total: **40** mins

Family Box

**2** of your  
**5** a day

Little heat

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, some **Kitchen Paper**, a **Potato Masher**, some **Baking Paper**, a **Baking Tray** and **Large Frying Pan**. Now, let's get cooking!



## 1 BOIL THE POTATO

Preheat your oven to 200°C. Put a large saucepan of water on to boil with a pinch of salt. Peel then chop the **sweet potato** into 2cm chunks and the **broccoli** into florets (little trees!). Carefully add to the pan of boiling water and cook until soft, 7-8 mins. **★ TIP:** *The potato is cooked when you can easily slip a knife through.* Once cooked, drain in a colander and allow to steam dry for a couple of minutes. Keep the pan!



## 4 BAKE THE FISHCAKES

Line a baking tray and place the **fishcakes** carefully onto it. In a small bowl, mix the remaining **breadcrumbs** with **salt**, **pepper** and a drizzle of **oil**. Sprinkle the top of each **fishcake** with **half** the **breadcrumbs** and gently press down so that they stick. Carefully flip each **cake** over and repeat the process. Bake on the top shelf of your oven, flipping them halfway through cooking, until slightly golden and piping hot, 15-20 mins.



## 2 PREP THE PATTIES

Meanwhile, trim the **spring onion** and thinly slice. Roughly chop the **coriander** (stalks and all). Zest and quarter the **lime**(s). Pop **half** the **spring onion**, **three-quarters** of the **coriander**, **half** the **lime zest**, **half** the **soy sauce** and the **red Thai curry paste** into a small bowl and set aside. Dry the **prawns** well with some kitchen paper, then finely chop.



## 5 STIR-FRY THE BROCCOLI

Peel and grate the **garlic** (or use a garlic press). Heat a splash of **oil** in a large frying pan over high heat. Add the **broccoli** and fry for 4-5 mins. Add a splash of **water** every minute or so to help the **broccoli** cook. After 5 mins, add the remaining **soy sauce**, the grated **garlic** and a squeeze of **lime juice**. Continue stir-frying until the **broccoli** is tender, 2-3 mins.



## 3 MAKE THE PATTIES

Wipe out the now empty saucepan so it's dry and pop the **potato** back into the pan. Mash until smooth, then pop in the contents of the small bowl of **curry paste**, along with the chopped **prawns**, **flour**, **half** the **panko breadcrumbs** and a pinch of **salt** and **pepper**. Mix well. Shape into equal sized balls (allow two per person). Flatten the balls into **patties** 2 cm thick. **! IMPORTANT:** *Remember to wash your hands and equipment after handling raw fish!*



## 6 FINISH AND SERVE

In another small bowl, mix the **mayo** with the remaining **coriander**, the rest of the **lime zest** and season with a squeeze of **lime juice** to taste. When everything is ready, serve two **cakes** on each plate with the stir-fried **broccoli** and **coriander mayo** alongside. Squeeze some of the remaining **lime juice** over the **prawn cakes** and sprinkle over the rest of the **spring onion**. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato	1 small	2 small	2 small
Spring Onion	1	2	3
Coriander	1 bunch	1 bunch	1 bunch
Lime	1	2	2
Soy Sauce 11) 13)	1 sachet	2 sachets	2 sachets
Red Thai Curry Paste	½ pot	¾ pot	1 pot
King Prawns 5)	120g	180g	250g
Plain Flour 13)	½ pot	¾ pot	1 pot
Panko Breadcrumbs 13):	1 small pot	¾ large pot	1 large pot
Garlic Clove	1	2	2
Broccoli	½	1	1
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 376G	PER 100G
Energy (kcal)	408	109
(kJ)	1705	454
Fat (g)	15	4
Sat. Fat (g)	2	1
Carbohydrate (g)	50	13
Sugars (g)	13	3
Protein (g)	18	5
Salt (g)	3.80	1.01

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

5) Crustaceans 8) Egg 9) Mustard 11) Soya 13) Gluten

**🧼** 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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