



# Prawn Thai Curry

with courgette, carrot and coriander

Calorie Smart 20-25 mins • Eat me first • Spicy

11



Prawns



Rice



Courgette



Carrot



Lime



Chilli



Red Thai Style Paste



Coconut Milk



Coriander



Thai Style Spice Mix

Pantry Items: Salt, Oil, Pepper, Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Pot with lid, zester

## Ingredients

	2P	4P
Prawns	180 g	360 g
Rice	150 g	300 g
Courgette	1 unit	2 units
Carrot	1 unit	2 units
Lime	½ unit	1 unit
Chilli	1 unit	2 units
Red Thai Style Paste	1 sachet	2 sachets
Coconut Milk	1 pack	2 packs
Coriander	5 g	10 g
Thai Style Spice Mix	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>498.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2401.6 kJ/ 574 kcal	481.8 kJ/ 115.1 kcal
Fat (g)	19 g	3.8 g
Sat. Fat (g)	14.6 g	2.9 g
Carbohydrate (g)	79.1 g	15.9 g
Sugars (g)	10.3 g	2.1 g
Protein (g)	25.4 g	5.1 g
Salt (g)	3.4 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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### Cook the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Cook for 10 mins then remove from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



### Simmer the Sauce

- Stir in the **Thai spice mix**, **red Thai paste** and **half the chilli**. You can use less **chilli** if you don't like **spice**—or more if you do.
- Cook until fragrant, 30 secs.
- Mix in the **coconut milk** and **prawns**.
- Lower the heat and simmer until **prawns** are cooked through, 3-4 mins. **IMPORTANT:** Wash hands after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.



### Get Prepped

- Meanwhile, trim the **courgette** and chop into 1cm chunks.
- Trim the **carrot** then slice into ½ cm thick rounds (no need to peel).
- Zest **half the lime** (double for 4p) then chop in **half**.
- Roughly chop the **coriander** (stalks and all).
- Halve the **chilli** lengthways, deseed then finely chop.



### Finishing Touches

- Add a squeeze of **lime** juice to your curry.
- Stir in **half the coriander**.
- Season to taste with **salt**, **pepper** and more **lime** juice if you like.



### Fry the Veg

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Add the **carrots** and fry until starting to soften, 5-6 mins.
- Add the **courgette** and fry for another 2 mins.



### Garnish and Serve

- Mix the **lime** zest through the **rice**, fluffing it up as you go.
- Serve the **rice** in bowls topped with the **prawn curry**.
- Finish with a sprinkling of **coriander** and as much of the remaining chopped **chilli** as you like.

Enjoy!