



# Dear Prawn and Coconut Laksa

with charred garlic spinach

Calorie Smart Quick Cook 20 – 25 mins • Eat me first • Spicy

12



Prawns



Lime



Coconut Milk



Udon Noodles



Carrot



Baby Spinach



Thai Style Spice Mix



Chilli



Garlic



Korma Curry Paste



Vegetable Stock

Pantry Items: Salt, Water, Pepper, Oil



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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

Grater, pot with lid

## Ingredients

	2P	4P
Prawns	180 g	360 g
Lime	1 unit	2 units
Coconut Milk	1 pack	2 packs
Udon Noodles	300 g	600 g
Carrot	1 unit	2 units
Baby Spinach	60 g	120 g
Thai Style Spice Mix	2 sachets	4 sachets
Chilli	1 unit	2 units
Garlic	1 unit	2 units
Korma Curry Paste	1 sachet	2 sachets
Vegetable Stock	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>517 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2356 kJ/ 563 kcal	456 kJ/ 109 kcal
Fat (g)	21.6 g	4.2 g
Sat. Fat (g)	15.2 g	2.9 g
Carbohydrate (g)	67.2 g	13 g
Sugars (g)	11.7 g	2.3 g
Protein (g)	26.7 g	5.2 g
Salt (g)	4.1 g	0.8 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.

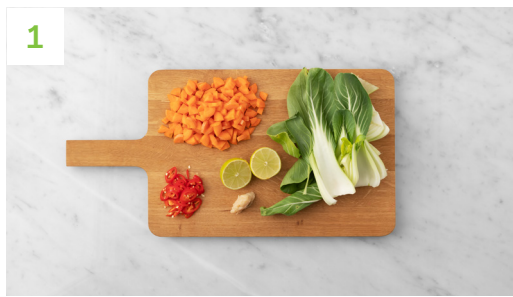
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## 1 Get Prepped

- Peel and grate the **garlic** (or use a garlic press).
- Trim the **carrot** then quarter lengthways (no need to peel). Chop widthways into small pieces.
- Halve the **lime**. Thinly slice the **chilli**.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



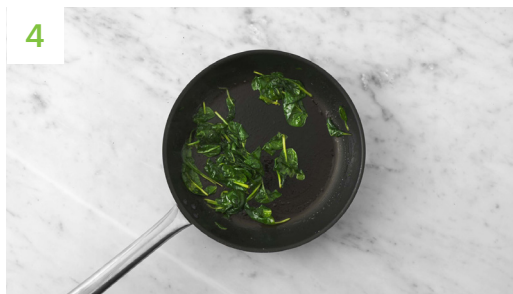
## 2 Cook the Prawns

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns** and **carrot**.
- Fry until **prawns** are cooked and **carrot** is softened, 4-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.



## 3 Simmer the Laksa

- Add the **Thai spice** and **korma paste** and cook for 2-3 mins.
- Stir in the **coconut milk**, **stock** and 300ml **water** (double for 4p).
- Bring to the boil, cover and simmer for 8-10 mins.



## 4 Fry the Spinach

- While the laksa simmers, place a pan over high heat (no oil).
- Once hot, add the **spinach**. Season with **salt** and **pepper**.
- Add the **garlic** and fry for 1 min.
- Add a splash of **water** and cook until wilted, another 1 min.



## 5 Finishing Touches

- When the laksa has 1 min of cooking time remaining, add the **noodles**.
- Stir carefully to separate the **noodles** and allow them to warm through.
- Season to taste with **salt**, **pepper** and a squeeze of **lime** juice.



## 6 Garnish and Serve

- Divide the **prawn** laksa between bowls.
- Top with **garlic spinach** and sliced **chilli** (use less if you don't like spice).
- Cut any remaining **lime** into wedges and serve alongside.

Enjoy!