



One-pot Thai Prawn Curry

with carrot, peas and cashews

Family 20 – 25 mins • Eat me first

5



Prawns



Rice



Garlic, Ginger & Lemongrass Paste



Peas



Stock



Thai Style Spice Mix



Korma Curry Paste



Lime



Coconut Milk



Carrot



Cashew Nuts

Pantry Items: Pepper, Oil, Water, Salt



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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

Ingredients

	2P	4P
Prawns	150 g	300 g
Rice	150 g	300 g
Garlic, Ginger & Lemongrass Paste	1 sachet	2 sachets
Peas	120 g	240 g
Stock	2 sachets	4 sachets
Thai Style Spice Mix	2 sachets	4 sachets
Korma Curry Paste	1 sachet	2 sachets
Lime	1 unit	2 units
Coconut Milk	1 pack	2 packs
Carrot	1 unit	2 units
Cashew Nuts	20 g	40 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	470.8 g	100 g
Energy (kJ/kcal)	3058.5 kJ/ 731 kcal	649.6 kJ/ 155.3 kcal
Fat (g)	30.1 g	6.4 g
Sat. Fat (g)	16.5 g	3.5 g
Carbohydrate (g)	89.8 g	19.1 g
Sugars (g)	15 g	3.2 g
Protein (g)	27.4 g	5.8 g
Salt (g)	6.8 g	1.5 g

Nutrition for uncooked ingredients based on 2 person recipe.

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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Get Prepped

- Place a pot over medium-high heat with a drizzle of **oil**.
- Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces.
- Once hot, add the **prawns, carrot, Thai spice and lemongrass paste**. **IMPORTANT**: Wash hands and equipment after handling raw pawns.
- Fry for 2-3 mins.



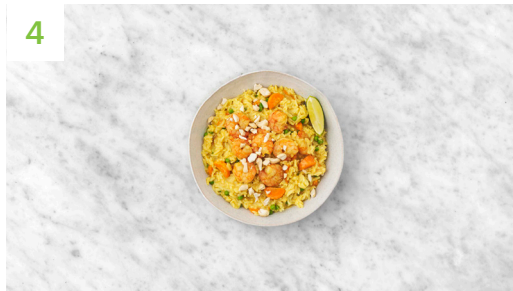
Cover and Cook

- Add the **rice, korma paste, stock, coconut milk, 300ml water** and ½ tsp **salt** (double both for 4p).
- Bring to the boil, cover with the lid and cook for 12 mins. **IMPORTANT**: Prawns are cooked when pink on the outside and opaque in the middle.
- Remove the pot from the heat. Keep covered for another 12 mins.



Add the Veg

- Meanwhile, quarter the **lime**.
- Once the **rice** is cooked stir through the **peas**. Add a splash of **water** if required.
- Season to taste with **salt, pepper** and **lime** juice.



Dish Up

- Divide the Thai **prawn** curry between bowls.
- Serve any remaining **lime** wedges alongside.
- Scatter over the **cashews** to finish.

Enjoy!