



Garlic Butter Prawns

with green beans, carrots and rice

20 – 25 mins • Eat me first

6



Prawns



Garlic



Rice



Lemon



Parsley



Paprika



Carrot



Green Beans



Butter

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

Grater, pan with lid, pot with lid

Ingredients

	2P	4P
Prawns	150 g	300 g
Garlic	2 units	4 units
Rice	150 g	300 g
Lemon	1 unit	2 units
Parsley	5 g	10 g
Paprika	1 sachet	2 sachets
Carrot	1 unit	2 units
Green Beans	150 g	300 g
Butter	½ pack	1 pack

Nutrition

	Per serving	Per 100g
for uncooked ingredients	388.5 g	100 g
Energy (kJ/kcal)	2435.1 kJ/ 582 kcal	626.8 kJ/ 149.8 kcal
Fat (g)	22.4 g	5.8 g
Sat. Fat (g)	13.8 g	3.6 g
Carbohydrate (g)	77.9 g	20.1 g
Sugars (g)	8.7 g	2.2 g
Protein (g)	20.6 g	5.3 g
Salt (g)	1.9 g	0.5 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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You can recycle me!



Make the Rice

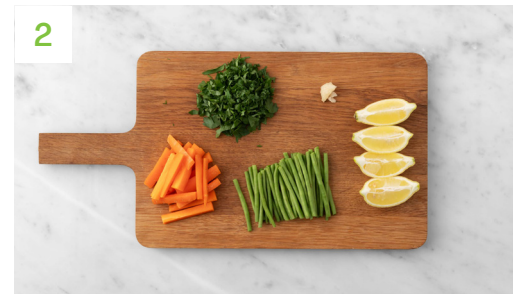
- Pour 300ml cold **salted water** (per 2P) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Cook for 10 mins, then remove the pot from the heat.
- Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Fry the Prawns

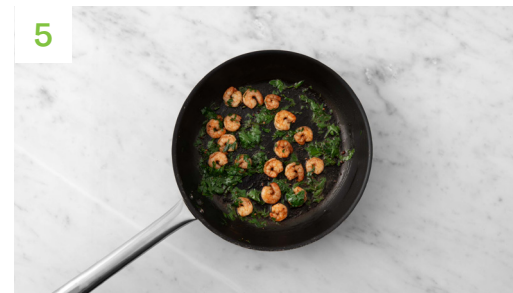
- Give the pan a wipe then return to medium-high heat with **half** a packet of **butter** (per 2P) and a drizzle of **oil**.
- Once hot, fry the **prawns** until cooked through, 4-5 mins. **IMPORTANT:** Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.
- Season with **salt** and **pepper**.

TIP: If you like, add more butter for a creamier sauce.



Get Prepped

- Meanwhile, roughly chop the **parsley** (stalks and all).
- Quarter the **lemon**.
- Peel and grate the **garlic** (or use a garlic press).
- Trim the **green beans**.
- Trim the **carrot** and halve lengthways (no need to peel). Chop into 1cm wide, 5cm long batons.



Finish the Sauce

- Add the **garlic** and **paprika** to the **prawns** and cook until fragrant, 1 min.
- Squeeze in the juice of **half** of the **lemon** wedges.
- Add the chopped **parsley** and veg to the pan and toss together with the **prawns**.
- Cook until warmed through, 1-2 mins.



Cook the Veg

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **carrot** and **green beans** until starting to char, 2-3 mins.
- Lower heat to medium and cook for 1 min then add a splash of **water** and cover with a lid or some foil.
- Cook until the veg is tender, 4-5 mins.
- Drain any excess **water** and season to taste with **salt** and **pepper**. Remove from the pan and cover to keep warm.



Garnish and Serve

- Fluff up the **rice** with a fork and divide between plates.
- Top with the **green beans, carrots** and **garlic prawns**.
- Drizzle over the **parsley butter** sauce from the pan.
- Serve remaining **lemon** wedges on the side.

Enjoy!