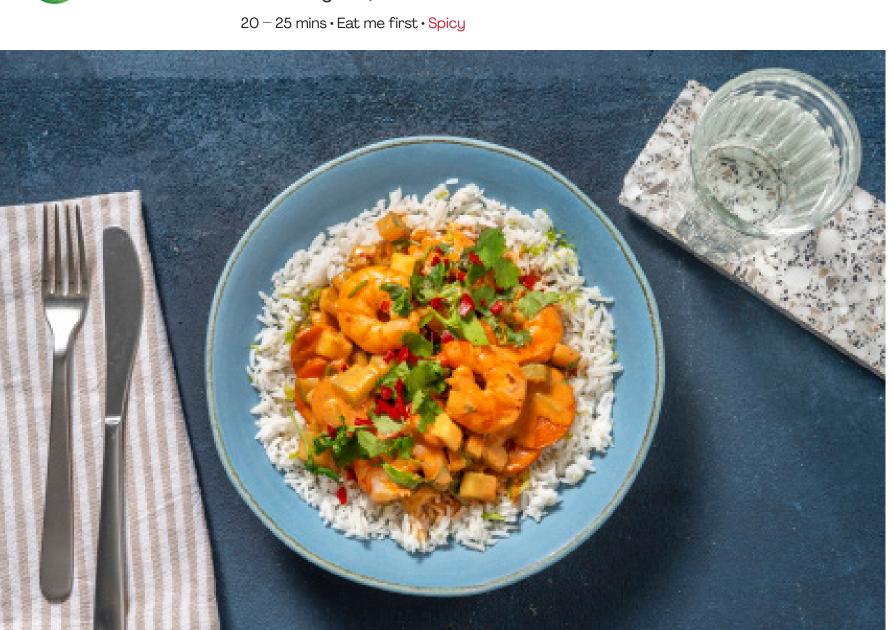


# Prawn Thai Curry with courgette, carrot and coriander













Courgette















Red Thai Style Paste





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	150 g	300 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
for uncooked ingredients	483.5 g	100 g
Energy (kJ/kcal)	2347.2 kJ/ 561 kcal	485.5 kJ/ 116 kcal
Fat (g)	19 g	3.9 g
Sat. Fat (g)	14.8 g	3.1 g
Carbohydrate (g)	79.1 g	16.4 g
Sugars (g)	10.5 g	2.2 g
Protein (g)	22.3 g	4.6 g
Salt (g)	3.5 g	0.7 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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#### Cook 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 from the heat.
- Keep covered for 10 mins or until ready to serve (the rice will continue to cook in its own steam).



# **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 a lime (per 2P). Chop the lime in half.
- Roughly chop the **coriander** (stalks and all).
- Halve the chilli lengthways, deseed then finely chop.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



# Fry the Veg

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



## 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.



## **Finishing Touches**

- Add a squeeze of lime juice to your curry.
- · Stir through half the coriander.
- Season to taste with salt, pepper and more lime juice if you like.
- Mix the lime zest through the rice, fluffing it up as you go.



### Garnish and Serve

- 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!