



# Prawn Thai Green Curry

with courgette and coriander

20 – 25 mins • Eat me first

6



Prawns



Rice



Courgette



Lime



Chilli



Coconut Milk



Coriander



Thai Style Spice Mix



Green Beans



Green Thai Style Paste

Pantry Items: Salt, Oil, Pepper, Water



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2024-W47

## 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
Lime	½ unit	1 unit
Chilli	1 unit	2 units
Coconut Milk	1 pack	2 packs
Coriander	5 g	10 g
Thai Style Spice Mix	1 sachet	2 sachets
Green Beans	150 g	300 g
Green Thai Style Paste	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>476 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2343 kJ/ 560 kcal	492.2 kJ/ 117.6 kcal
Fat (g)	20.1 g	4.2 g
Sat. Fat (g)	14.9 g	3.1 g
Carbohydrate (g)	75.8 g	15.9 g
Sugars (g)	9.2 g	1.9 g
Protein (g)	22.8 g	4.8 g
Salt (g)	2.3 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.

## Contact

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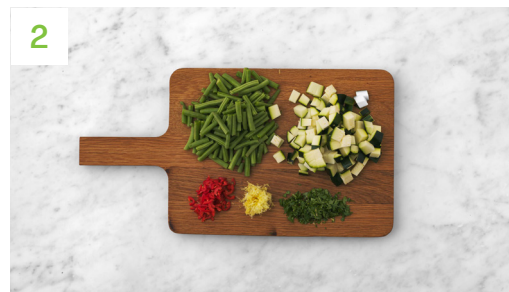
### Cook the Rice

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



### Simmer the Sauce

1. Add the **Thai spice mix, green Thai paste** and **half** the **chilli**. You can use less **chilli** if you don't like spice—or more if you do.
2. Cook until fragrant, 30 secs.
3. Stir in the **coconut milk** and **prawns**.
4. 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

1. Meanwhile, trim the **courgette** and chop into 1cm chunks. Trim the **green beans** then chop into **thirds**.
2. Zest **half a lime** (per 2P) then chop in **half**.
3. Roughly chop the **coriander** (stalks and all).
4. Halve, deseed and finely chop the **chilli**.
5. Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



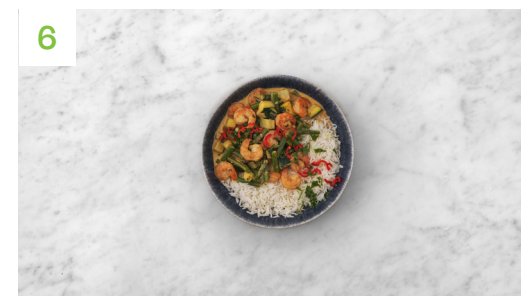
### Finishing Touches

1. Add a squeeze of **lime** juice to your curry.
2. Stir through **half** the **coriander**.
3. Season to taste with **salt, pepper** and **lime** juice.
4. Mix the **lime** zest through the **rice**, fluffing it up as you go.



### Fry the Veg

1. Place a large pan over medium-high heat with a drizzle of **oil**.
2. Once hot, add the **courgette** and **green beans**.
3. Fry until softened, 5-6 mins.



### Garnish and Serve

1. Divide the **rice** between bowls and top with the fragrant **prawn** curry.
2. Finish with a sprinkling of **coriander** and as much of the remaining chopped **chilli** as you like.

**Enjoy!**