



Garlic Butter Prawns

with green beans, carrots and rice

20 – 25 mins • Eat me first

3



Prawns



Garlic



Rice



Lemon



Parsley



Paprika



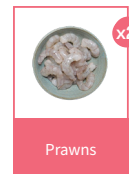
Carrot



Green Beans



Butter



Prawns

Pantry Items: Salt, Oil, Pepper, Water



Rate your recipe!

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.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

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 | 2 units | 4 units |
| Green Beans | 75 g | 150 g |
| Butter | ½ pack | 1 pack |
| Prawns | 300 g | 600 g |

Nutrition

| for uncooked ingredient | Per 100g | Per 100g |
|-------------------------|-------------------|-------------------|
| Energy (kJ/kcal) | 576 kJ / 138 kcal | 528 KJ / 126 kcal |
| Fat (g) | 5.2 g | 4.5 g |
| Sat. Fat (g) | 3.2 g | 2.7 g |
| Carbohydrate (g) | 19.2 g | 16.3 g |
| Sugars (g) | 2.4 g | 2.1 g |
| Protein (g) | 4.5 g | 5.9 g |
| Salt (g) | 0.5 g | 0.6 g |

See site or app for detailed nutritional info.

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

Contact

Share your creations with #HelloFreshIreland

Any questions? Contact our customer care team at hellofresh.ie/about/faq

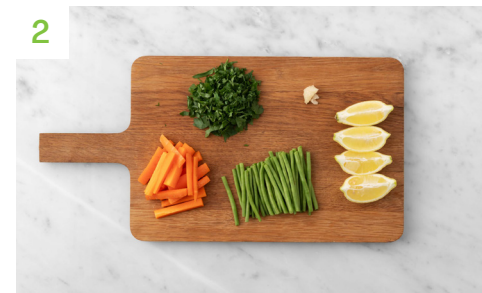


You can recycle me!



1 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).



2 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.



3 Cook the Veg

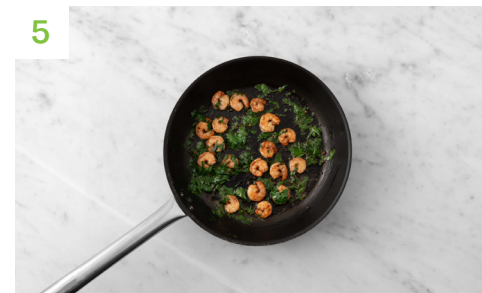
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **carrot** and **green beans** until starting to char, 2-3 mins.
- Lower heat to medium and cook for 1 min then add a splash of **water** and cover with a lid or some foil.
- Cook until the veg is tender, 4-5 mins.
- Drain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



4 Fry the Prawns

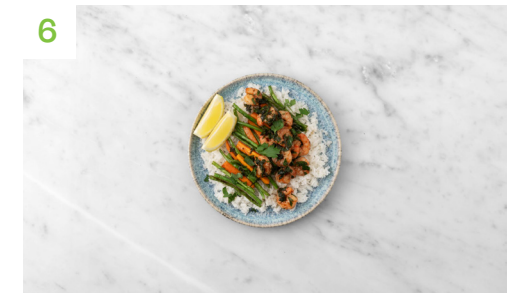
- Give the pan a wipe then return to medium-high heat with **half** a pack of **butter** (per 2P) and a drizzle of **oil**.
- Once hot, fry the **prawns** until cooked through, 4-5 mins.
IMPORTANT: Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque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

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



5 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.



6 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!