



# Prawn and Coconut Laksa

with charred garlic pak choi

20 – 25 mins • Eat me first • Spicy

12



Prawns



Lime



Coconut Milk



Udon Noodles



Carrot



Pak Choi



Thai Style Spice Mix



Chilli



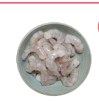
Garlic



Korma Curry Paste



Stock



Prawns

Pantry Items: Salt, Water, Pepper, Oil



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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.

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
Lime	1 unit	2 units
Coconut Milk	1 pack	2 packs
Udon Noodles	300 g	600 g
Carrot	1 unit	2 units
Pak Choi	1 unit	2 units
Thai Style Spice Mix	2 sachets	4 sachets
Chilli	1 unit	2 units
Garlic	1 unit	2 units
Korma Curry Paste	1 sachet	2 sachets
Stock	1 sachet	2 sachets
Prawns	300 g	600 g

# Nutrition

for uncooked ingredient	Per 100g	Per 100g
Energy (kJ/kcal)	452 kJ / 108 kcal	428 KJ / 102 kcal
Fat (g)	4.5 g	4 g
Sat. Fat (g)	2.9 g	2.6 g
Carbohydrate (g)	12.7 g	11.2 g
Sugars (g)	2.3 g	2 g
Protein (g)	4.2 g	5.4 g
Salt (g)	0.8 g	0.9 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

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You can recycle me!



# Get Prepped

- Trim the **pak choi** then halve lengthways.
- Peel and grate the **garlic** (or use a **garlic press**).
- Trim the **carrot** then quarter lengthways (no need to peel). Chop widthways into small pieces.
- Halve the **lime**. Thinly slice the **chilli**.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



# Fry the Pak Choi

- While the laksa simmers, place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, lay in the **pak choi**. Season with **salt** and **pepper**.
- Cook on one side for 2 mins then turn over and cook for another 2 mins.
- Add the **garlic** to the **pak choi** and fry for 1 min. It should be slightly browned and charred.
- Add a splash of **water**, pop a lid (or some foil) on the pan and leave to steam for another 3 mins.



# Cook the Prawns

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns** and **carrot**.
- Fry until **prawns** are cooked and **carrot** is softened, 4-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.



# Finishing Touches

- When the laksa has 1 min of cooking time remaining, add the **noodles**.
- Stir carefully to separate the **noodles** and allow them to warm through.
- Season to taste with **salt, pepper** and a squeeze of **lime** juice.



# Simmer the Laksa

- Add the **Thai spice** and **korma paste** and cook for 2-3 mins.
- Stir in the **coconut milk, stock** and 300ml **water** (per 2P).
- Bring to the boil, cover and simmer for 8-10 mins.



# Garnish and Serve

- Divide the **prawn laksa** between bowls.
- Top with **garlic pak choi** and sliced **chilli** (use less if you don't like spice).
- Cut any remaining **lime** into wedges and serve alongside.

Enjoy !