



Everything But The Chef

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Yellow Curry Prawn Fried Rice

This is our first time featuring this yellow curry paste and we know you're going to just love it. Stirring through a bit of this stuff means a tasty fried rice with no boring bits in sight! It's a mild, fragrant blend, but if you're a bit sheepish about spice, try adding half of the mixture first and adjusting the spice level as you see fit. Enjoy this fresh take on an old takeaway classic, complete with beautiful fresh prawns and crunchy veggies throughout.

- Prep:** 15 mins
- Cook:** 15 mins
- Total:** 30 mins
- level 1**
- lactose free**
- gluten free**
- seafood first**

Pantry Items

- Water
- Vegetable Oil

- Fish Sauce



Jasmine Rice



Prawns



Zucchini



Red Capsicum



Spring Onions



Garlic



Yellow Curry Paste



Lime

2P	4P	Ingredients	
1 cup	2 cups	Jasmine rice	
4 cups	6 cups	water *	
2 tsp	1 tbs	vegetable oil *	
200 g	400 g	prawns, rinsed	
1	2	zucchini, finely diced	A
1	2	red capsicum, finely diced	
1 bunch	2 bunches	spring onions, white & green parts finely sliced	B
1 clove	2 cloves	garlic, peeled & crushed	⊕
2 tsp	1 tbs	yellow curry paste	
1 tsp	2 tsp	fish sauce *	
½	1	lime, cut into wedges	⊕

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	1260	Kj
Protein	26.4	g
Fat, total	5.1	g
-saturated	0.7	g
Carbohydrate	34.6	g
-sugars	6.2	g
Sodium	859	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chopping board, chef's knife, garlic crusher, sieve, saucepan, and a large wok or frying pan.

1 Place the **Jasmine rice** into a sieve and rinse it with cold tap water until the water runs clear. Place the rice and the **water** in a medium saucepan over a high heat and bring to the boil. Reduce the heat to medium and simmer uncovered for **10-12 minutes** or until the rice is soft. Drain well.

2 Meanwhile, heat the **vegetable oil** in a large wok or frying pan over a high heat. Add the **prawns** and cook, turning, for **1-2 minutes** or until they just turn pink. Remove from the pan and set aside. Add the **zucchini**, **red capsicum** and the **white parts of the spring onion**. Stir fry for **2-3 minutes** or until just tender. Add in the **garlic**, **yellow curry paste** and **fish sauce** and cook, stirring, for **1 minute** or until fragrant. Add the rice, prawns and the **green parts of the spring onion** and stir until everything is evenly coated in the paste. Squeeze in the juice of the **lime wedges**. Remove from the heat.

3 To serve, divide the fried rice between bowls.

Did you know? The yellow in this curry paste comes from the addition of turmeric the root of a plant with the same name.