



Prawn Thai Red Curry

with Chilli & Crispy Shallots

GOURMET

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Basmati Rice



Carrot



Garlic



Green Beans



Capsicum



Mild Thai Red Curry Paste



Coconut Milk



Prawns



Long Chilli (Optional)



Crispy Shallots



Coriander

Prep in: 30-40 mins
Ready in: 35-45 mins

Calorie Smart

Eat Me First

If you're looking for an escape from the everyday, the aromatic flavours of Thai food are here to transport you. With crispy shallots, coriander and a mild Thai red curry paste, this delightful prawn curry is pure indulgence.

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1½ cups	3 cups
basmati rice	1 medium packet	1 large packet
carrot	1	2
garlic	2 cloves	4 cloves
green beans	1 small bag	1 medium bag
capsicum	1	2
mild Thai red curry paste	1 packet	2 packets
coconut milk	1 packet	2 packets
soy sauce*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
prawns	1 packet (200g)	2 packets (400g)
long chilli (optional)	½	1
crispy shallots	1 medium packet	1 large packet
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2846kJ (680Cal)	513kJ (123Cal)
Protein (g)	24.9g	4.5g
Fat, total (g)	27.6g	5g
- saturated (g)	17.4g	3.1g
Carbohydrate (g)	88.2g	15.9g
- sugars (g)	22.4g	4g
Sodium (mg)	2694mg	486mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

We recommend pairing this meal with Sauvignon Blanc or Pinto Grigio

We're here to help!

Scan here if you have any questions or concerns



Cook the rice

- In a medium saucepan, add the **water** and bring to the boil. Add **basmati rice**, stir, cover with a lid and reduce the heat to low.
- Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!



Make it saucy

- Add **mild Thai red curry paste** and **garlic** and cook, stirring, until fragrant, **1 minute**.
- Add **coconut milk** and bring to the boil. Add the **soy sauce** and the **brown sugar**. Reduce heat to medium and cook, stirring, until slightly reduced, **1-2 minutes**.



Get prepped

- While the rice is cooking, thinly slice **carrot** into half-moons.
- Finely chop **garlic**.
- Trim **green beans** and cut into thirds.
- Cut **capsicum** into bite-sized chunks.



Add the prawns

- Add **prawns** to the sauce and simmer, stirring occasionally, until cooked, **4-6 minutes**.
- Thinly slice the **long chilli** (if using).

TIP: The prawns are cooked when pink on the outside and opaque all the way through.

TIP: Add a dash of water if the sauce is too thick.



Start the curry

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **carrot**, **green beans** and **capsicum**.
- Cook, stirring, until tender, **4-5 minutes**.



Serve up

- Divide the **basmati rice** between bowls.
- Top with the prawn Thai red curry.
- Garnish with **crispy shallots**, **long chilli** and **coriander** leaves to serve. Enjoy!

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