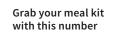


Fragrant Thai Prawn Curry with Green Beans, Capsicum & Crispy Shallots

GOURMET

















Curry Paste



Coconut Milk



Long Chilli (Optional)



Crispy Shallots



Coriander



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

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	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 packet	1 medium packet	
capsicum	1	2	
mild curry paste	¾ packet	1½ packets	
coconut milk	1 packet	2 packets	
soy sauce*	½ tbs	1 tbs	
brown sugar*	1 tsp	2 tsp	
tail-on prawns	1 packet	2 packets	
long chilli ∮ (optional)	1/2	1	
crispy shallots	1 medium sachet	1 large sachet	
coriander	1 packet	1 packet	
* Pantry Items			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2774kJ (663Cal)	514kJ (123Cal)
Protein (g)	24.4g	4.5g
Fat, total (g)	28.5g	5.3g
- saturated (g)	18.1g	3.4g
Carbohydrate (g)	83.7g	15.5g
- sugars (g)	18g	3.3g
Sodium (mg)	2090mg	387mg
Dietary Fibre (g)	16.6g	3.1g

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



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 heat to low.
- Cook for **10 minutes**, then remove pan from 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!



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.



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**.



Make the sauce

- SPICY! This is a mild paste, but use less if you're sensitive to heat! Add mild curry paste (see ingredients) and garlic and cook, stirring, until fragrant, 1 minute.
- Add coconut milk and bring to the boil. Add the soy sauce and brown sugar. Reduce heat to medium and cook, stirring, until slightly reduced. 1-2 minutes.



Add the prawns

- Add tail-on prawns to the sauce and simmer, stirring occasionally, until pink and starting to curl up. 4-6 minutes.
- Thinly slice 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.



Serve up

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



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