

GOURMET













Green Beans

Garlic





Coconut Milk



Tail-On Prawns



Long Chilli (Optional)



Crispy Shallots

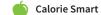


Coriander



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

Eat Me Early



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

| | 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 | 1 medium packet | 2 medium 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 |
| * Danton / Itama | | |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2717kJ (649Cal) | 504kJ (120Cal) |
| Protein (g) | 24.1g | 4.5g |
| Fat, total (g) | 28.3g | 5.2g |
| - saturated (g) | 18.1g | 3.4g |
| Carbohydrate (g) | 83.5g | 15.5g |
| - sugars (g) | 17.8g | 3.3g |
| Sodium (mg) | 2094mg | 388mg |
| Dietary Fibre (g) | 16.3g | 3g |

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

- Add mild curry paste 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 creamy prawn curry.
- Garnish with crispy shallots, long chilli and coriander leaves to serve. Enjoy!

