

Fragrant Creamy Prawn Curry

with Green Beans, Capsicum & Crispy Shallots

GOURMET

Grab your meal kit with this number

15



Basmati Rice



Carrot



Garlic



Green Beans



Capsicum



Mild Curry Paste



Coconut Milk



Tail-On Prawns



Long Chilli (Optional)



Crispy Shallots



Coriander

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

Calorie Smart

Eat Me Early

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 curry paste, this delightful prawn curry is pure indulge-ism.

Pantry items

Olive Oil, Soy Sauce, Brown Sugar

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)	½	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)	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!



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**.



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 **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.



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

We're here to help!

Scan here if you have any questions or concerns



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