

Fragrant Thai 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	½ large sachet	1 large sachet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2555kJ (611cal)	288kJ (69cal)
Protein (g)	22.5g	2.5g
Fat, total (g)	27.8g	3.1g
- saturated (g)	18.1g	2g
Carbohydrate (g)	79g	8.9g
- sugars (g)	13.3g	1.5g
Sodium (mg)	2095mg	236.2mg
Dietary Fibre (g)	14.8g	1.7g

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 Thai prawn curry.
- Garnish with **crispy shallots** (see ingredients), **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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