



Everything
But The Chef

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Coconut Poached Prawns

You're going to love this zingy little number. We've taken massive flavours: chilli, ginger, kaffir lime leaves, coriander and cuddled them up in creamy coconut. The result? A dish that's equal parts cheeky and sweet, warming and refreshing, impressive as anything but unbelievably simple.



20 mins



level 2



spicy



seafood
first



Coconut Milk



Lime Leaves



Prawns



Coriander



Red Onion



Lime



Ginger



Chilli



Cucumber



Lemongrass



Rice Stick Noodles

2P	4P	Ingredients	
3 cm	6 cm	lemongrass, chopped	⊕
1 tin	2 tins	coconut milk	
2 tsp	1 tbs	fish sauce *	
2 tsp	2 tbs	soy sauce *	
1 knob	2 knobs	ginger, peeled & grated	A
2	4	lime leaves, scrunched	
1/2	1	red onion, finely diced	⊕
1	2	chilli, finely sliced	⊕
1 bunch	2 bunches	coriander, stems & leaves separated	⊕
1	2	lime, zested & juiced	
250 g	500 g	prawns	
100 g	200 g	rice stick noodles	
1	2	cucumber, thinly sliced	B

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2820	Kj
Protein	35.4	g
Fat, total	31.9	g
-saturated	27	g
Carbohydrate	57.4	g
-sugars	9.4	g

Measuretool

0 cm	1 cm	2 cm



1 Cut off the lower part of the **lemongrass** bulb because this will be woody and tough. Then remove the tougher outer leaves. What you are looking for is the softer layers within. First it's best to "bruise" the trimmed stalk with the back or side of a knife because it will help break down its fibrous stalk. To soften them even further, you don't want it chewy in your meal, finely chop the remaining stalk.



2 In a saucepan, bring the **coconut milk, fish sauce, soy sauce, ginger, lime leaves, red onion, chilli**, finely chopped **coriander stems**, lemongrass, and **lime zest** to a simmer over medium-high heat for about **6-8 minutes** - this will make all those lovely flavours infuse together! Add the **prawns** and simmer for about **2-3 minutes** or until they begin to colour, then remove from the heat and stir in **lime juice** and stand to let the residual heat cook the prawns fully.



3 Meanwhile, place **noodles** in a large bowl, (remember to weigh out the correct amount!) cover with boiling water and stand for about **3-4 minutes** or until tender. Drain and divide among serving bowls.



4 Remove the prawns from the poaching liquid and divide among bowls, then ladle poaching liquid over. Scatter the **coriander leaves** and the **cucumber** on top of prawns and noodles to serve.

Did you know? The origin of the coconut has been lost to history. Coconuts are a prehistoric plant that scientists believe came from the South Pacific around what is now New Guinea.