



# Fragrant Thai Prawn Curry

with Green Beans, Capsicum & Crispy Shallots

GOURMET

Grab your Meal Kit with this symbol



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

Eat Me First

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

### Pantry items

Olive Oil, Soy Sauce, Brown Sugar

## Before you start

Wash your hands and any fresh food.

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
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b>	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
<b>soy sauce*</b>	½ tbs	1 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
tail-on prawns	1 packet	2 packets
long chilli  (optional)	½	1
crispy shallots	1 medium packet	1 large packet
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2739kJ (655Cal)	512kJ (122Cal)
Protein (g)	24.3g	4.5g
Fat, total (g)	27.6g	5.2g
- saturated (g)	17.3g	3.2g
Carbohydrate (g)	83.6g	15.6g
- sugars (g)	17.9g	3.3g
Sodium (mg)	2089mg	391mg

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](https://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 it saucy

- 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 cutlet 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



## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)