



# Prawn Thai Red Curry

with Veggies & Crispy Shallots

Grab your Meal Kit with this symbol



Basmati Rice



Eschalot



Garlic



Ginger



Coriander



Green Beans



Capsicum



Lemon



Thai Red Curry Paste



Coconut Cream



Banana Prawns



Long Red Chilli (Optional)



Crispy Shallots

Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

Spicy (Thai red curry paste & optional long red chilli)

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 lemon, coriander and red curry paste, this delightful prawn curry is pure indulge-ism.

### Pantry items

Olive Oil, Soy Sauce, Brown Sugar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### 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 packet	2 packets
eschalot	1	2
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
coriander	1 bag	1 bag
green beans	1 bag (100g)	1 bag (200g)
capsicum	1	2
lemon	1	2
Thai red curry paste	¾ tin	1½ tins
coconut cream	1 tin (400ml)	2 tins (800ml)
soy sauce*	1 tbs	2 tbs
brown sugar*	½ tsp	1 tsp
banana prawns	1 packet	2 packets
long red chilli (optional)	1	2
crispy shallots	1 packet	2 packets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	4262kJ (1018Cal)	595kJ (142Cal)
Protein (g)	28.7g	4g
Fat, total (g)	57.3g	8g
- saturated (g)	42.2g	5.9g
Carbohydrate (g)	89.3g	12.5g
- sugars (g)	20.8g	2.9g
Sodium (mg)	2071mg	289mg

### 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 Pinot Grigio or Grüner Veltliner.



### 1. Cook the rice

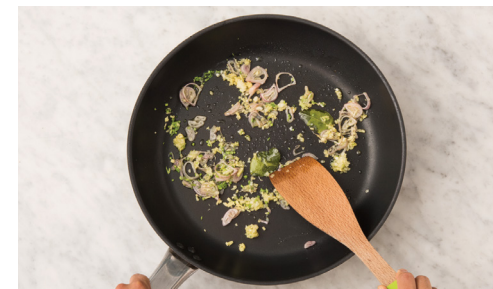
In a medium saucepan, add the **water** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** *The rice will finish cooking in its own steam so don't peek!*



### 2. Get prepped

While the rice is cooking, thinly slice the **eschalot**. Finely chop the **garlic** (or use a garlic press). Finely grate the **ginger**. Pick the **coriander** leaves and finely chop the stems. Trim the **green beans** and cut into thirds. Cut the **capsicum** into 3cm chunks. Zest the **lemon** to get a **generous pinch**, then cut into wedges.



### 3. Start the curry

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **eschalot**, **garlic**, **ginger** and **coriander stems** and cook for **2-3 minutes** or until the eschalot has softened.



### 4. Make the sauce

**SPICY!** *You may find the curry paste hot! Feel free to add a little more or less, depending on your taste.* Add the **Thai red curry paste** (see **ingredients list**) and cook, stirring, until fragrant, **1 minute**. Add the **coconut cream** and bring to the boil. Add the **green beans**, **capsicum**, **soy sauce**, **brown sugar** and **lemon zest**. Reduce heat to medium and cook until the veggies have just softened, **2-3 minutes**.



### 5. Add the prawns

Add the **prawns** to the sauce and simmer, stirring, until cooked, **3-4 minutes**. Thinly slice the **long red chilli** (if using).

**TIP:** *The prawns are cooked through when pink on the outside and opaque all the way through.*

**TIP:** *Add a dash of water if the sauce is too thick.*



### 6. Serve up

Divide the basmati rice between bowls. Top with the prawn Thai red curry and garnish with the **crispy shallots**, long red chilli (if using) and coriander leaves. Serve with the lemon wedges.

**Enjoy!**