

# Prawn Thai Red Curry

with Chilli & Crispy Shallots

Grab your Meal Kit  
with this symbol



Basmati Rice



Eschalot



Garlic



Coriander



Green Beans



Capsicum



Lime



Ginger Paste



Thai Red Curry Paste



Coconut Cream



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 lime, 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 medium packet	1 large packet
eschalot	1	2
garlic	2 cloves	4 cloves
coriander	1 bag	1 bag
green beans	1 bag (100g)	1 bag (200g)
capsicum	1	2
lime	1	2
ginger paste	1 medium packet	1 large packet
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
prawns	1 packet	2 packets
long red chilli (optional)	1	2
crispy shallots	1 medium packet	1 large packet

\*Pantry items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3948kJ (943Cal)	558kJ (133Cal)
Protein (g)	29.3g	4.1g
Fat, total (g)	55.5g	7.9g
- saturated (g)	40.4g	5.7g
Carbohydrate (g)	86.1g	12.2g
- sugars (g)	19.2g	2.7g
Sodium (mg)	2242mg	317mg

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 Pinot Grigio or Grüner Veltliner

1



## Cook the rice

In a medium saucepan, bring the **water** 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**. Pick the **coriander** leaves and finely chop the stems. Trim the **green beans** and cut into thirds. Cut the **capsicum** into bite-sized chunks. Zest the **lime**, then cut into wedges.

3



## Start the curry

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

4



## Make the sauce

**SPICY!** You may find the curry paste hot! Feel free to add less, depending on your taste. Add the **Thai red curry paste** (see ingredients) 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 **lime 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 occasionally, until cooked, **4-6 minutes**. Thinly slice the **long red 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.

6



## Serve up

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

## Enjoy!