



More Than Food
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Red Thai Prawn Curry with Star Anise Rice

This delicious and beautifully fragrant dish is super easy and quick to prepare. With its fresh flavours, this mild curry will warm you from the inside on a cold winter night.

35 mins

2 of your 5 a day

spicy

eat within 3 days

mealkit



Water for the Rice (300ml)



Vegetable Stock Pot (1)



Star Anise (1)



Basmati Rice (150g)



Carrot (1)



Courgette (1)



Garlic Clove (1)



Ginger (1)



Lemongrass (1)



Coriander (1 bunch)



Red Curry Paste (1 tbsp)



Coconut Milk (200ml)



Water for the Curry (50ml)



Tiger Prawns (120g)



Lime (1/2)

2 PEOPLE INGREDIENTS

- Water for the Rice **300ml**
- Vegetable Stock Pot **1**
- Star Anise **1**
- Basmati Rice **150g**
- Carrot, sliced **1**
- Courgette, sliced **1**
- Garlic Clove, grated **1**
- Ginger, grated **1**
- Lemongrass, chopped **1**
- Coriander, chopped **1 bunch**
- Red Curry Paste **1 tbsp**
- Coconut Milk **200ml**
- Water for the Curry **50ml**
- Tiger Prawns **120g**
- Lime **½**

Allergens: Crustaceans, Celery, Sulphites.

Nutrition as per prepared and listed ingredients

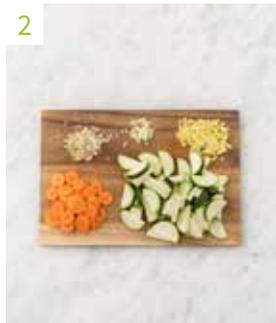
	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	566 kcal / 2380 kJ	22 g	17 g	71 g	12 g	23 g	3 g
Per 100g	102 kcal / 430 kJ	4 g	3 g	13 g	2 g	4 g	0 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Lemongrass is also known as citronella grass.

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains Sulphites), Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.



1 Pour the **water** (amount specified in the ingredient list) into a pot with half the **vegetable stock pot** and the **star anise** and bring to the boil. Once boiling, add the **rice**, turn the heat to low, put a lid on and leave to gently simmer for 10 mins. When 10 mins are up, remove the pot from the heat and leave to rest for another 10 mins (your rice will continue to cook in its own steam).



2 While your rice is cooking, prepare the **veggies!** Peel the **carrot**, remove the top and bottom and slice into ½cm thick diagonal slices (see picture). Remove the top and bottom from the **courgette**, cut in half lengthways then slice into 1cm thick half moon shapes. Peel and grate the **garlic** (or use a garlic press if you have one), peel and grate the **ginger**. Use a frying pan to bash the **lemongrass**, then finely chop it. Roughly chop the **coriander**.



3 Put a frying pan on medium heat with a drizzle of **oil**. Once hot, add your **carrot** and **courgette** along with a pinch of **salt** and a grind of **black pepper**. Cook for 5 mins until soft and slightly browned.



4 Add your **garlic**, **ginger** and **lemongrass** along with the **red curry paste** (use less if you don't like spice). Stir together and cook for 1 minute, then pour in the **coconut milk** and **water** (amount specified in the ingredient list). Add your remaining **stock pot** and stir to dissolve. Cook for 4 mins.

5 Once your **curry** has cooked for 4 mins, add the **prawns**, stir so they are submerged in your **sauce**, then simmer for 4 more mins until cooked. **Tip:** *The prawns are cooked when pink on the outside and opaque all the way through.* Squeeze in some **lime juice**, taste and add more **lime juice**, **salt** and **black pepper** if necessary.

6 Remove the **star anise** from your **rice** and fluff it up with a fork. Serve in bowls with a generous spoonful of **curry** and a sprinkling of **coriander**. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!