

Thai Red Curry with Prawns and Jasmine Rice

hellóchef

Prawns are the perfect protein to go with this fragrant curry!

Cals 678 • Prot 36 • Carbs 97 • Fat 20

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🕒 cook: 30 min

R3115

Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Curry	2 ppl	3 ppl	4 ppl	
Prawns 7*	350	525	700	Grams
Snow peas	100	150	200	Grams
Red pepper	1	1	2	Piece
Red onion	1	1	2	Piece
Lemongrass	1	1	1	Piece
Vegetable oil	1	1	2	Tbsp
Ginger garlic paste	10	15	20	Grams
Red curry paste 7*	20	30	40	Grams
Tamarind paste	15	22	30	Grams
Fish sauce 6*, 10*	10	10	20	ML
Coconut milk	200	400	400	ML
Water	100	50	200	ML
Coconut sugar	5	10	10	Grams
Lime leaves	3	3	6	Piece
Fresh coriander	15	15	15	Grams
Lime	1	2	2	Piece
Rice				
Jasmine rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	1	1	Tsp

Allergens

*7 Crustaceans, *6 Fish, *10 Wheat

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2838 / 678
Fat (g)	20.1
of which saturates (g)	10.9
Carbohydrate (g)	97
of which sugars (g)	10.9
Fiber (g)	10.4
Protein (g)	36.3
Salt (g)	4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Trim the **snow peas** and slice them diagonally. Deseed and finely slice the **pepper**. Peel and finely chop the **onion**. Finely slice half of the **lemongrass**. Keep the rest whole.



2 Cook rice

Rinse the **jasmine rice**. Add the **rice**, **measured water** and a pinch of **salt** to a pan with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from heat and keep covered until serving.



3 Start curry

Meanwhile, heat a pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **onion** with a pinch of **salt** and cook for 5 min. Add the **ginger garlic paste**, sliced **lemongrass** and **red curry paste (spicy!)**. Cook for 2 min. Add the **pepper** and cook for 2 min further.



4 Simmer

Add the **tamarind paste**, **fish sauce**, **coconut milk**, **measured water**, **coconut sugar**, **lime leaves** and the remaining **lemongrass**. Simmer (don't boil) over a low heat for 10 min.



5 Cook prawns

Meanwhile, heat a second pan over a medium high heat with a drizzle of **oil**. Once hot, add the **prawns** and **snow peas** and cook for 2-3 min, flipping the **prawns** halfway.



6 Serve

Add the cooked **prawns** and **snow peas** to the **curry** and serve over the **rice**. Garnish with the **fresh coriander** and **lime** wedges.