



*Jumbo prawns are the perfect protein to go with this fragrant curry!*

**Cooking Time: 30 min | Gluten-Free | Dairy-Free**  
**Cals 853 | Prot 33 | Carbs 89 | Fat 27**

### Tips For Fussy Eaters

Reserve some of the prawns and peppers and prepare a mild stir fry for them. Serve over cooked rice.

### Pro Tip

Don't overcook the prawns or they will become tough!



## Ingredients

	For 2	For 3	For 4	
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### Curry

Jumbo prawns	300	450	600	Grams
Snow peas	100	150	200	Grams
Red pepper	1	1	2	Pieces
Red onion	1	1	2	Pieces
Lemongrass	1	1	1	Pieces
Vegetable oil	1	1	2	Tbsp
Ginger garlic paste	10	15	20	Grams
Red curry paste	20	30	40	Grams
Tamarind Paste	15	22	30	Grams
Fish sauce	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	Pieces

### Rice

Jasmine rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	1	1	Tsp



### 1 Prep

Rinse the **rice** thoroughly. Trim the **snow peas** and slice diagonally. De-seed and slice the bell **pepper**. Peel and finely chop the **onion**. Finely slice 5/7.5/10 cm of the lemongrass. Keep the rest whole.



### 2 Cook 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** and cook for 3 min. Add the **ginger garlic paste**, sliced lemongrass and **red curry paste**. Cook for 2 min. Add the bell **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 big piece of lemongrass. Simmer (don't boil) over a low heat for 10 min.



### 5 Cook prawns

Meanwhile, heat another 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.



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