



Yellow Thai Style King Prawn Curry with Zesty Jasmine Rice

Classic 25-30 Minutes • Medium Spice • 2 of your 5 a day

6



Jasmine Rice



Red Onion



Carrot



Garlic Clove



Lime



Thai Style
Spice Blend



Yellow Thai
Style Paste



Coconut Milk



Soy Sauce



King Prawns



King Prawns

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid, garlic press, fine grater and frying pan.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Red Onion**	1	1	2
Carrot**	1	2	2
Garlic Clove**	1	2	2
Lime**	1	1½	2
Thai Style Spice Blend 3	1 sachet	1½ sachets	2 sachets
Yellow Thai Style Paste	45g	68g	90g
Coconut Milk	200ml	300ml	400ml
Soy Sauce 11 13	15ml	23ml	30ml
King Prawns** 5	150g	225g	300g
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Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	451g	100g	526g	100g
Energy (kJ/kcal)	2673 /639	593 /142	2893 /691	550 /131
Fat (g)	26.2	5.8	27.0	5.1
Sat. Fat (g)	20.0	4.4	20.3	3.9
Carbohydrate (g)	80.8	17.9	80.8	15.4
Sugars (g)	12.6	2.8	12.6	2.4
Protein (g)	22.4	5.0	34.2	6.5
Salt (g)	3.58	0.79	4.48	0.85

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **5**) Crustaceans **11**) Soya **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


Contact

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Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Simmer the Sauce

Next, pour the **coconut milk** into the pan. Stir in the **soy sauce** and **sugar** (see pantry for amount).

Bring to the boil, then reduce the heat slightly. Simmer until thickened, 4-5 mins.

Meanwhile, drain the **prawns**.

CUSTOM RECIPE

If you've chosen to double up on **king prawns**, cook the recipe in the same way.



Get Prepped

Meanwhile, halve, peel and thinly slice the **red onion**.

Trim the **carrot**, then halve lengthways (no need to peel). Thinly slice widthways into **pieces** about 1 cm thick.

Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lime**.



Add the Prawns

Once the **sauce** has thickened, stir in the **prawns**. Cook for 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.

Squeeze in some **lime juice**. Add a splash of **water** if it's a little too thick.

Taste and season with **salt, pepper** and more **lime juice** if needed.

When the **rice** is cooked, fluff it up with a fork and stir through the **lime zest**. Cut any remaining **lime** into wedges.



Fry the Veg and Spice

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **sliced carrot** and **onion** and stir-fry until tender, 4-5 mins.

Lower the heat to medium. Stir in the **garlic**, **Thai style spice blend** (add less if you'd prefer things milder) and **yellow Thai style paste**. Stir-fry for 1 min until fragrant.



Serve

Share the **zesty rice** between your serving bowls. Spoon over the **Thai king prawn curry**. Serve with any remaining **lime wedges** to finish.

Enjoy!