











# Prawn Red Thai Style Curry

with Courgette and Zesty Rice

28

Calorie Smart 20 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories



-  Basmati Rice
-  Carrot
-  King Prawns
-  Chilli Flakes
-  Courgette
-  Lime
-  Red Thai Style Paste
-  Coconut Milk

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

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

## Cooking tools

Kettle, saucepan, sieve, lid, fine grater and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Courgette**	1	2	2
Carrot**	1	1	2
Lime**	½	¼	1
King Prawns** 5)	150g	225g	300g
Red Thai Style Paste	50g	75g	100g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Coconut Milk	200ml	300ml	400ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	461g	100g
Energy (kJ/kcal)	2605 /623	565 /135
Fat (g)	27.6	6.0
Sat. Fat (g)	20.2	4.4
Carbohydrate (g)	77.4	16.8
Sugars (g)	9.5	2.1
Protein (g)	22.4	4.9
Salt (g)	2.22	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

## Allergens

### 5) Crustaceans

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

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **¼ tsp salt** on high heat.
- Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



## Bring on the Flavours

- Stir the **red Thai style paste** and **half the chilli flakes** (add less if you'd prefer things milder) into your pan. Cook for 30 secs.
- Mix in the **coconut milk** and bring to the boil.
- Stir in the **prawns** and cook for 5-6 mins.  
**IMPORTANT:** The prawns cooked when pink on the outside and opaque all the way through.



## Prep the Veg

- Meanwhile, trim the **courgette** and chop into 1cm chunks.
- Trim the **carrot**, then slice into thin rounds (no need to peel).
- Zest and halve the **lime** (see ingredients for amount).



## Finish your Curry

- Add a squeeze of **lime juice** to your **curry**.
- Season to taste with **salt, pepper** and more **lime juice** if you'd like.



## Get Stir-Frying

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **carrots** and stir-fry until starting to soften, 2-3 mins.
- Add the **courgette** and stir-fry for another 2 mins.
- Meanwhile, drain the **prawns**. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.



## Serve

- Fluff up the **rice** with a fork, then stir through the **lime zest**.
- Share your **zesty rice** between your bowls and top with the **prawn curry**.
- Finish with a sprinkling of the remaining **chilli flakes**.

Enjoy!



Weight Watchers