



Korma Style Spiced Prawn Pilaf with Garlicky Green Beans

Classic 30-35 Minutes • Mild Spice • 1 of your 5 a day

6



Red Onion



Garlic Clove



Korma Style Paste



Basmati Rice



Vegetable Stock Paste



Green Beans



Lime



King Prawns



Mango Chutney



Low Fat Natural Yoghurt



King Prawns

Pantry Items

Oil, Salt, Pepper, Olive Oil

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

Garlic press, saucepan, lid, fine grater and frying pan.

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	1	1	2
Korma Style Paste 9)	50g	75g	100g
Basmati Rice	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Green Beans**	80g	150g	150g
Lime**	½	1	1
King Prawns** 5)	150g	225g	300g
Mango Chutney	40g	60g	80g
Low Fat Natural Yoghurt** 7)	75g	100g	150g
King Prawns** 5)	150g	225g	300g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	374g	100g	449g	100g
Energy (kJ/kcal)	2272 /543	607 /145	2492 /596	555 /133
Fat (g)	11.8	3.2	12.6	2.8
Sat. Fat (g)	2.3	0.6	2.5	0.6
Carbohydrate (g)	86.7	23.2	86.7	19.3
Sugars (g)	22.2	5.9	22.2	4.9
Protein (g)	23.1	6.2	34.8	7.8
Salt (g)	3.66	0.98	4.56	1.02

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

Allergens

5) Crustaceans 7) Milk 9) Mustard 10) Celery

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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Fry and Spice the Onions

Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a medium saucepan (with a tight-fitting lid) on medium-high heat.

Once hot, add the **onion** and cook, stirring occasionally, until softened, 5-6 mins.

Stir in the **korma style paste** and **half the garlic**, then cook for 1 min more.



Add the Rice

Stir the **rice**, **veg stock paste** and **water for the rice** (see pantry for amount) into the **onion** pan 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).



Get Prepped

While the **rice** cooks, trim the **green beans** and cut into thirds.

Zest and halve the **lime** (see ingredients for amount).



Bring on the Beans

When the **rice** has 10 mins left, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **green beans** and season with **salt** and **pepper**. Stir-fry until starting to char, 3-4 mins.

Meanwhile, drain the **prawns**. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.



Add the Prawns

Once the **beans** are charred, add the **prawns** to the pan and stir-fry for 3-4 mins.

Stir in the remaining **garlic** and cook for 1 min more, then remove from the heat. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.

CUSTOM RECIPE

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



Combine and Serve

Once the **rice** is cooked, fluff it up with a fork and stir through the **mango chutney**. Add the **rice**, **lime zest** and a squeeze of **lime juice** to the **prawn** pan. Stir together until combined.

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

Spoon the **prawn pilaf** into bowls, then top with a dollop of **yoghurt**.

Cut the remaining **lime** into **wedges** and serve alongside for squeezing over.

Enjoy!