



Thai Green Style Prawn and Green Bean Curry with Baby Spinach and Fragrant Jasmine Rice

39B

Customised 20 Minutes • Mild Spice • 1 of your 5 a day



Jasmine Rice



Garlic Clove



Thai Green Style Paste



Coconut Milk



Vegetable Stock Paste



Green Beans



Lime



King Prawns



Baby Spinach



Chilli Flakes

CUSTOMISED RECIPE

If you chose to customise your recipe, then just follow the instructions on the back of this card.
Happy cooking!

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. Ingredients in **red** are hot!

Cooking tools

Kettle, saucepan, sieve, lid, garlic press and fine grater.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Garlic Clove**	2	3	4
Thai Green Style Paste	45g	67esg	90g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Green Beans**	80g	150g	150g
Lime**	1	1	1
King Prawns** 5)	150g	225g	300g
Baby Spinach**	40g	100g	100g
Chilli Flakes	1 pinch	1 pinch	2 pinch

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	383g	100g
Energy (kJ/kcal)	2468 /590	645 /154
Fat (g)	24.7	6.5
Sat. Fat (g)	19.9	5.2
Carbohydrate (g)	71.0	18.5
Sugars (g)	4.9	1.3
Protein (g)	22.5	5.9
Salt (g)	3.02	0.79

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

Allergens

5) Crustaceans **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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Cook the Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat.
- Add the **rice** and cook for 12-13 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.



Prep the Lime

- Meanwhile, zest and halve the **lime**.



Curry Up

- Peel and grate the **garlic** (or use a garlic press).
- Heat a drizzle of **oil** in a large saucepan on medium-high heat.
- Once hot, add the **Thai green style paste** and **garlic**. Stir-fry until fragrant, 30 secs.
- Stir in the **coconut milk** and **veg stock paste**.



Add the Spinach

- Once the **prawns** are cooked and the **sauce** has thickened, add the **spinach** to the **curry** a handful at a time until wilted and piping hot, 1-2 mins.
- Squeeze in some **lime juice**. Add a splash of **water** if it's a little thick.
- Taste and season with **salt, pepper** and more **lime juice** if needed, then remove from the heat.



Simmer the Prawns

- Add the **beans**, lower the heat, then simmer until the **sauce** has thickened, 4-5 mins.
- Drain the **prawns**, then stir them into the **curry**. Cook for another 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.



Finish and Serve

- When everything's ready, fluff up the **rice** with a fork and stir through the **lime zest**.
- Share the **zesty rice** between your bowls and spoon over the **Thai style prawn curry**.
- Sprinkle over the **chilli flakes** (add less if you'd prefer things milder) to finish.
- Cut any remaining **lime** into wedges and serve alongside for squeezing over.

Enjoy!