



Garlic and Chilli King Prawns with Korma Style Yoghurt Dip

Special Sides 10-15 Minutes • Medium Spice

1A

Find all your unchilled
Market items in bag A.



Greek Style
Natural Yoghurt



Toasted Flaked
Almonds



Korma Curry Paste



Lime



Garlic Clove



Red Chilli



King Prawns

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

Bowl, fine grater, garlic press and frying pan.

Ingredients

Ingredients	Quantity
Greek Style Natural Yoghurt** 7)	75g
Toasted Flaked Almonds 2)	15g
Korma Curry Paste 9)	25g
Lime**	1
Garlic Clove**	2
Red Chilli**	1
King Prawns** 5)	150g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	189g	100g
Energy (kJ/kcal)	800/191	423/101
Fat (g)	11.0	5.8
Sat. Fat (g)	3.4	1.8
Carbohydrate (g)	10.9	5.8
Sugars (g)	5.4	2.9
Protein (g)	13.7	7.2
Salt (g)	1.77	0.94

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

Allergens

2) Nuts 5) Crustaceans 7) Milk 9) Mustard

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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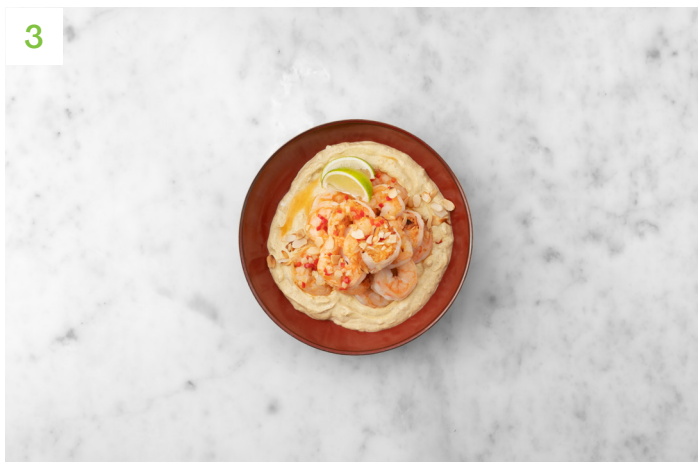
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2



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Prep Time

a) In a small bowl, stir together the **Greek style yoghurt**, **half of the toasted flaked almonds** and **half the korma curry paste**. **TIP:** *Keep the remaining korma curry paste for another recipe.*

b) Zest and cut the **lime** into wedges.

c) Peel and grate the **garlic** (or use a garlic press).

d) Halve the **red chilli** lengthways, deseed, then finely chop (prepare less if you'd prefer things milder).

Cook your Prawns

a) Drain the **prawns**. Heat a drizzle of **oil** in a frying pan on medium-high heat.

b) Once hot, add the **prawns**. Season with **salt** and **pepper** and stir-fry for 4-5 mins.

c) Next, add the **garlic** and **chilli**, fry for an additional 1 min, then remove the pan from the heat. Stir through your **lime zest**. **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

a) Spoon the **korma yoghurt sauce** into the bottom of your serving bowl.

b) Top with your **cooked prawns** and sprinkle over the remaining **toasted flaked almonds**.

c) Serve with **lime wedges** for squeezing over.

Enjoy!