



# King Prawn and Sweet Potato Korma Style Curry

with Tenderstem® Broccoli and Basmati Rice











Customised 30-35 Minutes • Mild Spice • 3 of your 5 a day

40B



### CUSTOMISED RECIPE

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

-  Sweet Potato
-  Curry Powder Mix
-  Basmati Rice
-  Tenderstem® Broccoli
-  King Prawns
-  Garlic Clove
-  Korma Curry Paste
-  Vegetable Stock Paste
-  Creme Fraiche
-  Mango Chutney

**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

Baking tray, saucepan, lid, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Basmati Rice	150g	225g	300g
Tenderstem® Broccoli**	80g	150g	200g
King Prawns** 5)	150g	225g	300g
Garlic Clove**	2	3	4
Korma Curry Paste 9)	50g	75g	100g
Vegetable Stock Paste 10)	10g	15g	20g
Creme Fraiche** 7)	150g	225g	300g
Mango Chutney	40g	60g	80g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	100ml	150ml	200ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	773g	100g
	3902/933	505/121
Fat (g)	31.6	4.1
Sat. Fat (g)	16.3	2.1
Carbohydrate (g)	139.0	18.0
Sugars (g)	33.0	4.3
Protein (g)	25.8	3.3
Salt (g)	4.29	0.56

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, mollusc, 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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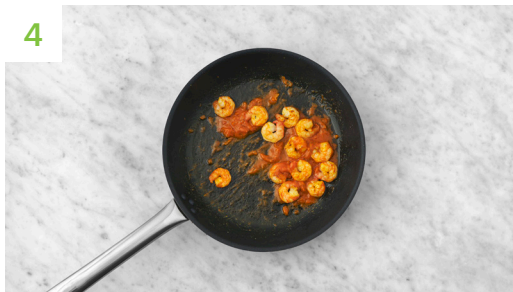
## Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potatoes** into 2cm chunks (no need to peel).

Put the **sweet potato chunks** onto a large baking tray. Drizzle with **oil**, sprinkle over the **curry powder mix** and season with **salt** and **pepper**. Toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Curry Up

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

Once hot, add the **prawns** and stir-fry for 2-3 mins.

Next, stir in the **korma curry paste**, **garlic** and remaining **curry powder mix**. Stir-fry until fragrant, 1 min. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.



## Cook the Rice

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

Stir in the **rice** and  $\frac{1}{4}$  **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).



## Combine and Stir

Stir in the **broccoli**, **veg stock paste** and **water for the curry** (see pantry for amount) and bring to the boil. Once boiling, lower the heat, cover with a lid and simmer until the **prawns** are cooked, 4-5 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.

Next, stir in the **creme fraiche** and **mango chutney**. Bring back to the boil, then remove from the heat. Season with **salt** and **pepper**.



## Broccoli Time

While everything cooks, halve any thick **broccoli stems** lengthways, then cut them into thirds.

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



## Finish and Serve

Once the **sweet potato** is roasted, stir it through the **curry**. Return the pan to the heat to warm through. Add a splash of **water** if it's a little too thick.

Fluff up the **rice** with a fork and share between your plates, then top with your **korma style curry**.

## Enjoy!