



Red Thai Style Veg Coconut Curry

with Zesty Jasmine Rice and Salted Peanuts

Quick 20-25 Minutes • **Mild Spice** • 2 of your 5 a day

18



Jasmine Rice



Garlic Clove



Lime



Chickpeas



Pak Choi



Sliced Mushrooms



Red Thai Style Paste



Coconut Milk



Soy Sauce



Salted Peanuts



Sweet Chilli Sauce



King Prawns

Pantry Items

Oil, Salt, Pepper

+ Add King Prawns

If you chose to add king prawns, 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. Ingredients in red are hot!

Cooking tools

Kettle, saucepan, sieve, lid, garlic press, fine grater, frying pan and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Garlic Clove**	2	3	4
Lime**	1	1	1
Chickpeas	1 carton	1½ cartons	2 cartons
Pak Choi**	1	1½	2
Sliced Mushrooms**	120g	180g	240g
Red Thai Style Paste	50g	75g	100g
Coconut Milk	180ml	250ml	360ml
Soy Sauce 11 13	15ml	25ml	30ml
Salted Peanuts 1	25g	40g	50g
Sweet Chilli Sauce	32g	48g	64g
King Prawns* 5	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	512g	100g	587g	100g
Energy (kJ/kcal)	2997 / 716	585 / 140	3163 / 756	539 / 129
Fat (g)	29.9	5.8	30.3	5.2
Sat. Fat (g)	15.6	3.0	15.8	2.7
Carbohydrate (g)	88.4	17.3	88.4	15.1
Sugars (g)	12.2	2.4	12.2	2.1
Protein (g)	19.9	3.9	28.8	4.9
Salt (g)	3.31	0.65	4.33	0.74

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

Allergens

1) Peanut **5**) Crustaceans **11**) Soya **13**) Cereals containing gluten

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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Rice Rice Baby

- 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 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.



Simmer Simmer

- Stir the **coconut milk**, **soy sauce** and **chickpeas** into the **sauce**.
- Bring to a boil, then lower the heat. Simmer until thickened slightly, 2-3 mins.



Finish the Prep

- In the meantime, peel and grate the **garlic** (or use a garlic press).
- Zest and cut the **lime** into wedges. Drain and rinse the **chickpeas** in a sieve.
- Trim the **pak choi**, then separate the leaves. Cut any larger leaves in half lengthways down the middle.



Finishing Touches

- While your **sauce** simmers, crush the **peanuts** in the unopened sachet using a rolling pin.
- When your **rice** is ready, fluff it up with a fork and stir through the **lime zest**.
- Stir the **sweet chilli** and a squeeze of **lime juice** from a **lime wedge** into the **curry**. Taste and season with **salt**, **pepper** and more **lime juice** if needed.



Get Frying

- Heat a drizzle of **oil** in a large frying pan on high heat.
- Add the **pak choi** and **sliced mushrooms**. Stir-fry until just soft, 5-6 mins.
- Reduce the heat to medium-high, then stir in the **red Thai style paste** and **garlic**. Stir-fry until fragrant, 1-2 mins.

+ Add King Prawns

If you're adding **prawns**, drain them, then add them to the pan with the **veg**. Fry for the same amount of time, then continue as instructed.
IMPORTANT: Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.



Serve Up

- Share the **zesty rice** between your serving bowls.
- Top with the **Thai style veg curry**.
- Sprinkle over the **peanuts** and serve with any remaining **lime wedges** for squeezing over.

Enjoy!