



Ultimate Thai Green Style King Prawn Curry

with Rice, Tenderstem® Broccoli, Baby Corn and Peanuts

Ultimate 25-30 Minutes • Medium Spice • 1 of your 5 a day

35



Jasmine Rice



Baby Corn



Tenderstem® Broccoli



Lime



Garlic Clove



King Prawns



Thai Green Style Paste



Thai Style Spice Blend



Coconut Milk



Vegetable Stock Paste



Salted Peanuts



Coriander

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

Saucepan, lid, garlic press, frying pan and rolling pin.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Baby Corn**	60g	120g	120g
Tenderstem® Broccoli**	150g	230g	300g
Lime**	1	1	1
Garlic Clove**	2	3	4
King Prawns** 5)	150g	225g	300g
Thai Green Style Paste	45g	67g	90g
Thai Style Spice Blend	1 sachet	1 sachet	2 sachets
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste	10g	15g	20g
Salted Peanuts 1)	25g	40g	40g
Coriander**	1 bunch	1 bunch	1 bunch
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	596g	100g
Energy (kJ/kcal)	2820 /674	473 /113
Fat (g)	31.3	5.2
Sat. Fat (g)	21.1	3.5
Carbohydrate (g)	70.0	11.7
Sugars (g)	6.0	1.0
Protein (g)	25.5	4.3
Salt (g)	3.32	0.56

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

Allergens

1) Peanut 5) Crustaceans

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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Cook the Rice

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).



Curry Up

Once the **veg** has started to soften, lower the heat to medium.

Add the **garlic**, **Thai green style paste** and **Thai style spice blend** (add less if you'd prefer things milder).

Stir-fry for 1 min.

Stir in the **coconut milk** and **vegetable stock paste**, bring to the boil, then lower the heat to a simmer.



Get Prepped

While the **rice** cooks, halve the **baby corn** lengthways.

Halve the **broccoli** withways, then cut any thick stems lengthways.

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



Add the Prawns

Stir the **prawns** into the **curry sauce** and simmer until they're cooked and the **sauce** has thickened, 5-6 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.

Meanwhile, crush the **peanuts** in the unopened sachet using a rolling pin. Roughly chop the **coriander** (stalks and all).

Once the **prawns** are cooked, remove from the heat and squeeze in some **lime juice**. Season with **salt** and **pepper**. Add a splash of **water** if you feel it needs it.



Stir-Fry the Veg

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **corn** and **broccoli**. Stir-fry until starting to soften, 3-4 mins.

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



Serve Up

Share the **rice** between your bowls.

Spoon over your **ultimate Thai green style king prawn curry**. Garnish with the **peanuts** and **coriander**.

Serve any remaining **lime wedges** on the side for squeezing over.

Enjoy!