



Indo Chinese Style Chilli Prawns

with Stir-Fried Veg and Basmati Rice

Customised 30-35 Minutes • Medium Spice • 1 of your 5 a day

40B



Basmati Rice



Bell Pepper



Onion



Garlic Clove



Spring Onion



King Prawns



Chinese Five Spice



Soy Sauce



Cornflour



Honey



Sriracha Sauce

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, Tomato Ketchup

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, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Bell Pepper***	1	1½	2
Onion	1	1	2
Garlic Clove**	2	3	4
Spring Onion**	2	3	4
King Prawns** 5)	300g	450g	600g
Chinese Five Spice	1 sachet	1 sachet	2 sachets
Soy Sauce 11) 13)	25ml	50ml	50ml
Cornflour	10g	20g	20g
Honey	30g	45g	60g
Sriracha Sauce	15g	30g	30g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Tomato Ketchup*	4 tbsp	6 tbsp	8 tbsp
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	683g	100g
Energy (kJ/kcal)	2213 / 529	324 / 77
Fat (g)	1.8	0.3
Sat. Fat (g)	0.5	0.1
Carbohydrate (g)	97.4	14.3
Sugars (g)	29.3	4.3
Protein (g)	31.3	4.6
Salt (g)	5.69	0.83

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

Allergens

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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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).

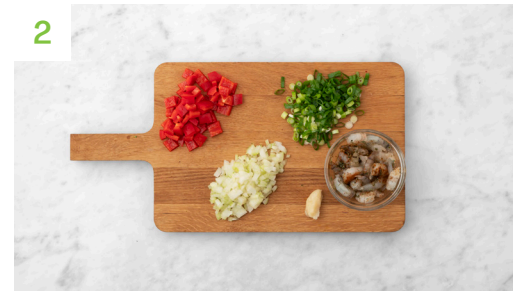


Stir-Fry the Veg

Wipe out the **prawn** pan, then pop it back on medium-high heat with a drizzle of **oil**. Once hot, add the **pepper** and **onion**. Stir-fry until slightly charred, 5-7 mins.

Meanwhile, in a medium bowl, combine the **garlic**, **soy sauce**, and **cornflour** to form a paste.

Add the **honey**, **sriracha**, **ketchup** and **water for the sauce** (see pantry for both amounts) and the remaining **Chinese Five Spice** to the bowl. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*



Do the Prep

Meanwhile, halve the **bell pepper** and discard the core and seeds. Halve and peel the **onion**. Chop both into 2cm chunks.

Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**.

Drain the **prawns** and pop them in a medium bowl. Sprinkle over **half** the **Chinese Five Spice**, season with **salt** and **pepper** and toss to coat. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns.*



Sticky Sauce Time

Return the **prawns** to the pan and pour over the **sticky sauce**. Bring to the boil, then simmer until thickened, 1-2 mins.

Remove from the heat. Taste and add more **salt**, **pepper** or **sugar** if needed. Add a splash of **water** if it's a little thick.



Cook the Prawns

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

Once hot, add the **prawns** and stir-fry for 4-5 mins (discard any remaining cornflour left in the bowl). Once cooked, remove the pan from the heat.

IMPORTANT: *The prawns are cooked when pink on the outside and opaque in the middle.*

Transfer the **prawns** to a plate and set aside.



Finish and Serve

Fluff up the **rice** with a fork, then share between your bowls.

Top with the **sticky veg** and **prawns**, spooning over the remaining **sauce** from the pan.

Finish with a sprinkle of **spring onion**.

Enjoy!