



# Prawn Green Thai Style Curry

with Green Beans, Carrot and Zesty Rice

**Quick** 20-25 Minutes • **Mild Spice** • 1 of your 5 a day

15



Carrot



Green Beans



Jasmine Rice



Garlic Clove



Lime



Thai Green Style Paste



Coconut Milk



Vegetable Stock Paste



King Prawns



King Prawns

### Pantry Items

Oil, Salt, Pepper

### + Double King Prawns

If you chose to double king prawns, then just follow the instructions on the back of this card.

Happy cooking!



Basil, coriander, makrut lime leaves and green chillies give Thai Green its signature colour, as well as its fragrant flavour. Our Prawn Green Thai Style Curry will be on your table in less than 25 minutes.

## 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, frying pan, garlic press and fine grater.

## Ingredients

Ingredients	2P	3P	4P
Carrot**	1	2	2
Green Beans**	80g	150g	150g
Jasmine Rice	150g	225g	300g
Garlic Clove**	2	3	4
Lime**	½	1	1
Thai Green Style Paste	45g	67g	90g
Coconut Milk	180ml	250ml	360ml
Vegetable Stock Paste	10g	15g	20g
King Prawns** 5)	150g	225g	300g
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\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	387g	100g	462g	100g
Energy (kJ/kcal)	2215 / 529	572 / 137	2406 / 575	521 / 124
Fat (g)	18.4	4.8	18.8	4.1
Sat. Fat (g)	14.0	3.6	14.2	3.1
Carbohydrate (g)	70.0	18.1	70.0	15.2
Sugars (g)	7.0	1.8	7.0	1.5
Protein (g)	19.5	5.0	30.0	6.5
Salt (g)	3.05	0.79	4.06	0.88

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

## Allergens

### 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

- Boil a half-full kettle.
- Meanwhile, trim the **carrot** (no need to peel), then slice into rounds about 1cm thick. Trim the **green beans**, then cut into thirds.
- When boiling, pour the **water** into a large saucepan with  $\frac{1}{4}$  **tsp salt** on high heat. Add the **rice** and cook for 12-13 mins.
- One cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



## Cook the Curry

- Add the **garlic** and **Thai green style paste** to the **veg** and stir-fry for 30 secs. Drain the **prawns**.
- Stir in the **coconut milk** and **vegetable stock paste**. Bring to the boil, then lower the heat and simmer until the **veg** is almost tender, 3-4 mins.
- Next, stir in the **prawns** and cook for another 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.

## + Double King Prawns

If you're doubling up on **king prawns**, cook the recipe in the same way.



## Stir-Fry the Veg

- While the **rice** cooks, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **carrot** and **green beans** and stir-fry until starting to soften, 4-5 mins.



## Finish Up

- While the **curry** simmers, fluff up the **rice** with a fork and stir through the **lime zest**.
- Once the **prawns** are cooked, remove the pan from the heat and season with **salt**, **pepper** and a squeeze of **lime juice**. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



## Finish your Prep

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Zest the **lime**, then cut into wedges (see ingredients for amount).



## Serve

- Share the **rice** out between your bowls and spoon over the **prawn curry**.
- Serve any remaining **lime wedges** on the side for squeezing over.

## Enjoy!