















Indonesian Style Prawn Satay Curry with Roasted Sweet Potato and Rice

Customised 30-40 Minutes • Mild Spice • 2 of your 5 a day

40B



-  Sweet Potato
-  Jasmine Rice
-  Pak Choi
-  Green Beans
-  Garlic Clove
-  Lime
-  King Prawns
-  Indonesian Style Spice Mix
-  Coconut Milk
-  Peanut Butter
-  Ketjap Manis
-  Soy 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, Sugar

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, fine grater and frying pan.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Jasmine Rice	150g	225g	300g
Pak Choi**	1	1½	2
Green Beans**	80g	120g	150g
Garlic Clove**	2	3	4
Lime**	1	1½	2
King Prawns** 5)	150g	225g	300g
Indonesian Style Spice Mix	2 sachets	2 sachets	4 sachets
Coconut Milk	200ml	250ml	400ml
Peanut Butter 1)	30g	45g	60g
Ketjap Manis 11)	25g	37g	50g
Soy Sauce 11) 13)	15ml	25ml	30ml

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	892g	100g
Energy (kJ/kcal)	3971/949	445/106
Fat (g)	31.9	3.6
Sat. Fat (g)	21.4	2.4
Carbohydrate (g)	133.4	15.0
Sugars (g)	29.6	3.3
Protein (g)	31.8	3.6
Salt (g)	3.73	0.42

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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Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then 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.



Simmer the Sauce

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **green beans**. Stir-fry until just soft, 4-5 mins.

Add the **pak choi**, **garlic** and **Indonesian style spice mix**. Stir-fry for 30 secs.

Stir in the **coconut milk**, **peanut butter**, **ketjap manis**, **soy sauce**, **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to a boil, then stir in the **prawns** and simmer until the **sauce** is slightly thickened 5-6 mins.

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



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 **¼ 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).

Leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Finishing Touches

When the **sweet potato wedges** have roasted, stir through the **prawn curry**.

Stir in the **lime zest** and **half** of the **lime juice**.

Taste the **curry** and add more **salt**, **pepper** and **lime juice** if needed.



Prep the Veg

Meanwhile, trim the **pak choi**, then thinly slice widthways. Trim and halve the **green beans**.

Peel and grate the **garlic** (or use a garlic press). Zest and cut the **lime** into wedges.

Drain the **prawns**. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.



Serve

Share the **rice** between bowls. Spoon over your **prawn satay curry**.

Serve any remaining **lime wedges** alongside for squeezing over.

Enjoy!