















# Korma Style Spiced Prawn Pilaf

with Carrot, Garlicky Green Beans and Coriander Dressing

28

Calorie Smart 30-35 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories



-  Onion
-  Garlic Clove
-  Korma Style Paste
-  Basmati Rice
-  Vegetable Stock Paste
-  Green Beans
-  Carrot
-  Lime
-  Coriander
-  King Prawns
-  Low Fat Natural Yoghurt
-  King Prawns

**Pantry Items**  
Oil, Salt, Pepper, Olive Oil

**CUSTOM RECIPE**

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, 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.

## Cooking tools

Garlic press, saucepan, lid, fine grater, grater, bowl and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1	1	2
Korma Style Paste <b>9</b>	50g	75g	100g
Basmati Rice	150g	225g	300g
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Green Beans**	80g	150g	150g
Carrot**	1	2	2
Lime**	½	1	1
Coriander**	1 bunch	1 bunch	1 bunch
King Prawns** <b>5</b>	150g	225g	300g
Low Fat Natural Yoghurt** <b>7</b>	75g	100g	150g
King Prawns** <b>5</b>	150g	225g	300g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	411g / 2154 / 515	100g / 524 / 125
Fat (g)	12	2.9
Sat. Fat (g)	2.3	0.6
Carbohydrate (g)	78.8	19.2
Sugars (g)	15	3.6
Protein (g)	23.4	5.7
Salt (g)	3.52	0.86

Custom Recipe for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	486g / 2373 / 567	100g / 488 / 117
Fat (g)	12.8	2.6
Sat. Fat (g)	2.5	0.6
Carbohydrate (g)	78.8	16.2
Sugars (g)	15.0	3.1
Protein (g)	35.1	7.2
Salt (g)	4.42	0.91

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

**5)** Crustaceans **7)** Milk **9)** Mustard **10)** Celery

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, milk, egg, mustard, celery, soya, 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.

**Having trouble with your WW QR code?** You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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## 1 Fry the Onion and Spice

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a medium saucepan (with a tight-fitting lid) on medium-high heat.

Once hot, add the **onion** and cook, stirring occasionally, until softened, 5-6 mins.

Stir in the **korma style paste** and **half** the **garlic**, then cook for 1 min more.



## 4 Bring on the Beans

When the **rice** has 10 mins left, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **green beans** and season with **salt** and **pepper**. Stir-fry until starting to char, 3-4 mins.



## 2 Cook the Rice

Stir the **rice**, **veg stock paste** and **water for the rice** (see pantry for amount) into the **onion** pan 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).



## 5 Add the Prawns

Once charred, add the **prawns** to the **beans** and stir-fry for 3-4 mins.

Stir in the remaining **garlic** and cook for 1 min more, then remove from the heat. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.*

## CUSTOM RECIPE

If you've chosen to double up on **king prawns**, cook the recipe in the same way.



## 3 Get Prepped

While the **rice** cooks, trim the **green beans** and cut into thirds. Trim and coarsely grate the **carrot** (no need to peel). Zest and halve the **lime**.

Finely chop the **coriander** (stalks and all), then pop into a small bowl with a squeeze of **lime juice** and the **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**, then mix together.

Taste and add more **salt**, **pepper** and **lime juice** if needed, then set your **coriander dressing** aside.



## 6 Combine and Serve

Once the **rice** is cooked, fluff it up with a fork and stir through the **grated carrot**. Add the **rice** and **lime zest** to the **prawn** pan and stir together until combined. Taste and add **salt** and **pepper** if needed.

Spoon the **prawn pilaf** into bowls, then drizzle with the **coriander dressing** and add a dollop of **yoghurt**.

Cut the remaining **lime** into **wedges** and serve alongside for squeezing over.

Enjoy!

Scan to get your exact PersonalPoints™ value

