



Prawn Green Thai Style Curry with Courgette, Carrot and Zesty Rice

Rapid 20 Minutes • Medium Spice • 1 of your 5 a day

6



Basmati Rice



Carrot



Courgette



Lime



Green Thai Style Paste



Chilli Flakes



Coconut Milk



Vegetable Stock Paste



King Prawns

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, sieve, lid, zester, frying pan and aluminium foil

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Carrot**	1	2	2
Courgette**	1	2	2
Lime**	½	1	1
Green Thai Style Paste	1 sachet	1½ sachets	2 sachets
Chilli Flakes	1 pinch	1 pinch	2 pinches
Coconut Milk	200ml	400ml	400ml
Vegetable Stock Paste (10)	10g	15g	20g
King Prawns** 5)	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	462g	100g
Energy (kJ/kcal)	2346/561	508/121
Fat (g)	20.7	4.5
Sat. Fat (g)	16.7	3.6
Carbohydrate (g)	71.7	15.5
Sugars (g)	8.3	1.8
Protein (g)	22.0	4.8
Salt (g)	2.91	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 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.

Contact

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Cook the Rice

- Boil a full kettle.
- When boiling, pour the **water** into a large saucepan with $\frac{1}{4}$ **tsp salt** on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Make your Curry

- Stir the **green Thai style paste** and a pinch of **chilli flakes** (careful, they're hot - add less if you don't like heat) into the **veg** and cook for 30 secs.
- Mix in the **coconut milk** and **vegetable stock paste** until combined, then lower the heat.
- Pop a lid on the pan (or cover with foil) and simmer until the **veg** is almost tender, 4-5 mins.
- Remove the lid, bring to the boil, then stir in the **prawns** and cook for another 3-4 mins.
IMPORTANT: Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.



Prep the Veg

- While the **rice** cooks, trim the **carrot** (no need to peel), then slice into 1cm thick rounds.
- Trim the **courgette**, then quarter lengthways. Chop into 1cm chunks.
- Zest the **lime**, then chop into wedges.



Finish Up

- Meanwhile, fluff up the **rice** with a fork and stir through the **lime zest**. Season to taste with **salt** and **pepper**.
- Once the **prawns** are cooked, add a squeeze of **lime juice** to the **curry** and stir.
- Taste and season with **salt**, **pepper** and more **lime juice** if needed.



Get Frying

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **carrots** and stir-fry until starting to soften, 2 mins.
- Add the **courgette** and stir-fry for 2 mins more.



Serve

- When ready, spoon the **zesty rice** into your bowls and top with the **prawn curry**.
- Sprinkle with more **chilli flakes** for those who'd like more heat.
- Cut the remaining **lime** into **wedges** for squeezing over.

Enjoy!