

# THAI PRAWN RICE

with Lime and Coriander



#### **NUTRITIONIST APPROVED**



Prawns are high in protein, 100g of prawns contains 102 kcal, 23.5 g of protein, 87% of calories are from protein. Protein contributes to a growth in muscle mass.









Red Pepper





Thai Spice Blend





King Prawns

Steamed Brown Basmati Rice









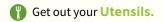






Fresh, zesty, and on the table in 20 minutes flat, Chef Jesse's Thai prawn rice bowl is the perfect thing to cook if you're looking for something light and healthy. Red pepper (a great source or Vitamin C), bok choy and ginger are stir fried with our delicious Thai spice blend, before being combined with juicy prawns and brown basmati rice. Finish off with a squeeze of fresh lime and freshly chopped coriander tuck in and enjoy!

# PREPARED!





\* Store in the Fridge

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NUTRITION FOR JNCOOKED INGREDIENT	PER SERVING 403G	PER 100G
Energy (kJ/kcal)	1061 /254	263 /63
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	35	9
Sugars (g)	5	1
Protein (g)	17	4
Salt (g)	2.24	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

#### **ALLERGENS**

3) Sesame 5) Crustaceans



## DO THE PREP

- a) Zest the lime then chop into wedges. Roughly chop the **coriander** (stalks and all).
- b) Trim the bok choy then thinly slice widthways.
- c) Halve the **pepper** and discard the core and seeds. Chop into small pieces. Peel and grate the **ginger**.



# 2 START COOKING

- a) Heat a drizzle of oil in a large frying pan over medium-high heat.
- b) When hot, add the ginger, the bok choy and the **red pepper**.
- c) Season with a pinch of salt and pepper. Stir-fry until the veggies begin to soften, 4-5 mins.



# 3 ADD SOME SPICE

a) Stir in the **Thai spice blend** (add less if you don't like heat!) and cook for 30 seconds. **TIP:** Add a splash of water if the pan is getting dry.



#### **COOK THE PRAWNS**

a) Add the prawns and stir-fry until cooked, 4-5 mins. **(1)** IMPORTANT: The prawns are cooked when pink on the outside and opaque in the middle.



### 5 FINISH UP

- a) Squeeze the pouch of rice and tear open. Stir the **rice** into the pan and stir-fry for another 2-3 mins until piping hot, breaking it up with your spoon.
- b) Remove the pan from the heat and stir through the lime zest and half the coriander.
- c) Season to taste with salt and pepper if needed.



# 6 SERVE

- a) Serve the Thai prawn rice in bowls finished with a sprinkling of the remaining coriander.
- b) Top with the lime wedges for squeezing over.

**Enjoy!** 

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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