



Ultimate Red Thai Style King Prawn Curry with Mangetout and Zesty Rice

36

Ultimate 25-30 Minutes • Medium Spice • 1 of your 5 a day



Jasmine Rice



Garlic Clove



Lime



Red Thai Style Paste



Sambal



Coconut Milk



Vegetable Stock Paste



King Prawns



Mangetout

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.

Cooking tools

Saucepan, lid, garlic press, fine grater, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Jasmine Rice	150g	225g	300g
Garlic Clove**	2	3	4
Lime**	1	1	1
Red Thai Style Paste	50g	75g	100g
Sambal	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste (10)	10g	15g	20g
King Prawns** 5)	225g	300g	450g
Mangetout**	80g	150g	160g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	100ml	150ml	200ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2612 /624	636 /152
Fat (g)	24.2	5.9
Sat. Fat (g)	16.9	4.1
Carbohydrate (g)	75.9	18.5
Sugars (g)	6.8	1.7
Protein (g)	27.7	6.7
Salt (g)	3.63	0.88

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

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

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



Add the Prawns

Once thickened, stir in the **prawns, mangetout** and **sugar for the sauce** (see pantry for amount).

Cook for 5-6 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.*

Squeeze in some **lime juice**. Taste and season with **salt, pepper** and more **lime juice** if needed.



Prep Time

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



Zest It Up

When the **rice** is cooked, fluff it up with a fork. Stir through the **lime zest**.



Start the Curry

Heat a drizzle of **oil** in a large frying pan on medium high heat.

Once hot, add the **garlic, red Thai style paste** and **sambal** (add less **sambal** if you'd prefer things milder). Stir-fry until fragrant, 1 min.

Stir in the **coconut milk, veg stock paste** and **water for the curry** (see pantry for amount). Bring to a boil, then reduce the heat slightly. Simmer until thickened, 4-5 mins.



Serve

When everything's ready, share the **zesty rice** between your bowls.

Top with your **ultimate red Thai style king prawn curry**.

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

Enjoy!