

Ultimate Red Thai Style King Prawn Curry

with Mangetout and Zesty Jasmine Rice

Ultimate

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









Jasmine Rice











Coconut Milk



Vegetable Stock Paste



King Prawns



Mangetout

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 and frying pan. 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	15g	22g	30g	
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				

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Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	411g	100g
Energy (kJ/kcal)	2780 /664	676/162
Fat (g)	28.7	7.0
Sat. Fat (g)	20.3	4.9
Carbohydrate (g)	75.2	18.3
Sugars (g)	7.5	1.8
Protein (g)	28.4	6.9
Salt (g)	3.77	0.92

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.

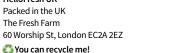
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Rice

Pour the water for the rice (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the rice and 1/4 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).



Prep Time

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



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 if you'd prefer things milder). 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.



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. They're cooked when pink on the outside and opaque in

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



Zest It Up

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



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!