



# Pil Pil Inspired Prawns

with Basmati Rice and Roasted Peppers

28

Calorie Smart 25-30 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories



Red Onion



Bell Pepper



Garlic Clove



Basmati Rice



King Prawns



Chilli Flakes



Red Wine Vinegar



Tomato Puree



Vegetable Stock Paste



Baby Spinach



King Prawns

### Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar

### CUSTOM RECIPE

If you chose to add 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, baking tray and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	1	1½	2
Garlic Clove**	3	4	6
Basmati Rice	150g	225g	300g
King Prawns** 5)	150g	225g	300g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Red Wine Vinegar 14)	12g	18g	24g
Tomato Puree	30g	45g	60g
Vegetable Stock Paste 10)	10g	15g	20g
Baby Spinach**	40g	100g	100g
King Prawns** 5)	150g	225g	300g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Olive Oil for the Sauce*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml
Sugar for the Sauce*	¼ tsp	½ tsp	½ tsp

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	343g	100g	418g	100g
Energy (kJ/kcal)	1834/438	534/128	2054/491	491/117
Fat (g)	6.4	1.9	7.1	1.7
Sat. Fat (g)	1.1	0.3	1.3	0.3
Carbohydrate (g)	74.1	21.6	74.1	17.7
Sugars (g)	11.1	3.2	11.1	2.7
Protein (g)	21.8	6.4	33.6	8.0
Salt (g)	2.10	0.61	3.00	0.72

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).  
Point™ values based on low-cal cooking spray oil.

## Allergens

5) Crustaceans 10) Celery 14) Sulphites

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.

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## Get Prepped

Preheat your oven to 240°C/220°C fan/gas mark 9.

Halve, peel and thinly slice the **red onion**. Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Peel and grate the **garlic** (or use a garlic press).



## 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 **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).



## Roast the Pepper

Meanwhile, pop the **sliced peppers** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

When the oven is hot, roast on the top shelf until soft and slightly charred, 15-18 mins.

Next, drain the **prawns**. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.

## CUSTOM RECIPE

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



## Start your Sauce

While everything cooks, heat the **olive oil for the sauce** (see pantry for amount) in a large frying pan on medium-high heat.

Once hot, add the **onion** and season with **salt** and **pepper**. Fry until soft and sweet, 10-12 mins.

Stir in the **chilli flakes** (add less if you'd prefer things milder) and **garlic**. Cook for 2-3 mins.

Add the **red wine vinegar** and allow it to bubble away until evaporated, 1 min.



## Add the Prawns

Stir the **tomato puree** into the pan and cook for 1 min, then pour in the **water for the sauce** (see pantry for amount) and bring to the boil. Season with **salt** and **pepper**.

Stir in the **prawns**, **sugar for the sauce** (see pantry for amount) and **veg stock paste**.

Cook until the **sauce** has thickened and the **prawns** are cooked, 5-6 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.

Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.



## Finish and Serve

Taste your **sauce** and add **salt** and **pepper** if needed. Stir through the **roasted peppers**, adding a splash of **water** if it's a little too thick.

Fluff up the **rice** with a fork and share between your bowls. Top with the **pil pil prawns**, spooning over all of the **sauce** from the pan.

## Enjoy!

