



Coconutty Prawn Laksa

with Mangetout and Bok Choy

EXTRA RAPID 10 Minutes • Medium Heat • 1 of your 5 a day

N° 12



Bok Choy



Red Chilli



Lime



Thai Yellow Curry Paste



Coconut Milk



Peanut Butter



Noodles



King Prawns



Mangetout



Soy Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need:

Large Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Bok Choy**	1	2	2
Red Chilli**	½	¾	1
Lime**	½	1	1
Thai Yellow Curry Paste	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Boiling Water for the Laksa*	500ml	750ml	1000ml
Peanut Butter 1)	1 pot	2 pots	2 pots
Noodles 8) 13)	2 nests	3 nests	4 nests
King Prawns 5)**	180g	280g	360g
Mangetout**	1 small pack	1 large pack	1 large pack
Soy Sauce 11) 13)	½ sachet	¾ sachet	1 sachet

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	424g	100g
Energy (kJ/kcal)	2575 /616	698 /145
Fat (g)	30	7
Sat. Fat (g)	17	4
Carbohydrate (g)	59	14
Sugars (g)	7	2
Protein (g)	30	7
Salt (g)	4.34	1.02

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **5)** Crustaceans **8)** Egg **11)** Soya **13)** Gluten

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Prepped!

- Fill and boil your kettle.
- Trim the root from the **bok choy** and slice into roughly 2cm chunks.
- Halve the **chilli** lengthways, deseed then finely chop.
- Zest and halve the **lime**.

2. Get Cooking!

- Heat a drizzle of **oil** in a large saucepan over medium high heat.
- Add the **yellow Thai paste** and cook, stirring, for 1 minute.
- Add the **coconut milk**, boiling **water** (see ingredients for amounts), **peanut butter**, half the **red chilli** and a pinch of **sugar**. Bring to a simmer.
- Add the **egg noodles**, stir to break up, and cook for 1 minute.
- Add the **prawns**, **mangetout** and **bok choy**, stir well and cook until the **prawns** are cooked and the **noodles** are tender, 3-4 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.

3. Finish and Serve!

- Once the **prawns** are cooked, stir through the **lime zest** and **soy sauce** (see ingredients for amount you need) with a good squeeze of **lime juice**.
- The **noodles** may soak up some of the **coconutty liquid**. If this is the case, just add a splash of **water** to get it back to a soupy consistency.
- Taste and season with **pepper** and more **lime juice** if you like.
- Divide the **laksa** between bowls and top with any remaining **chilli**.
- Cut any remaining **lime** into wedges and serve with the **laksa**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.