



Coconutty Prawn Laksa

with Mangetout and Bok Choy

Extra Rapid 10 Minutes • Medium Spice • 1 of your 5 a day

Nº 22



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!

Cooking tools, you will need:

Fine Grater, 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*	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)	2625 /628	619 /148
Fat (g)	31	7
Sat. Fat (g)	17	4
Carbohydrate (g)	60	14
Sugars (g)	8	2
Protein (g)	29	7
Salt (g)	3.52	0.83

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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 You can recycle me!



1



2



3



Get Prepped

a) Fill and boil your kettle.

b) Trim the root from the **bok choy** and slice into roughly 2cm chunks.

c) Halve the **chilli** lengthways, deseed then finely chop.

d) Zest and halve the **lime**.

Get Cooking!

a) Heat a drizzle of **oil** in a large saucepan over medium high heat.

b) Add the **yellow Thai paste** and cook, stirring, for 1 minute.

c) 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.

d) Add the **egg noodles**, stir to break up, and cook for 1 minute.

e) 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.*

Finish and Serve

a) 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**.

b) 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.

c) Taste and season with **pepper** and more **lime juice** if you like.

d) 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.