














Korma Spiced Prawn Pilaf

with Carrot, Garlicky Green Beans and Coriander Dressing

6

Classic Eat Me Early • 30-35 Minutes • Medium Spice • 1 of your 5 a day



-  Onion
-  Garlic Clove
-  Korma Style Paste
-  Basmati Rice
-  Vegetable Stock Paste
-  Green Beans
-  Carrot
-  Lime
-  Coriander
-  King Prawns
-  Low Fat Natural Yoghurt

Pantry Items
Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, saucepan, lid, fine grater, bowl and frying pan.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1	1	2
Korma Style Paste 9)	1 sachet	1½ sachets	2 sachets
Basmati Rice	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Water for the Rice*	300ml	450ml	600ml
Green Beans**	80g	150g	150g
Carrot**	1	2	2
Lime**	½	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
King Prawns** 5)	150g	225g	300g
Low Fat Natural Yoghurt** 7)	75g	100g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	397g	100g
Energy (kJ/kcal)	2125 / 508	535 / 128
Fat (g)	11.8	3.0
Sat. Fat (g)	2.2	0.6
Carbohydrate (g)	77.1	19.4
Sugars (g)	12.9	3.2
Protein (g)	23.1	5.8
Salt (g)	3.42	0.86

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk 9) Mustard 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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Fry the Onion

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a medium saucepan (with a tight-fitting lid) on medium-high heat. Once hot, add the **onion** and cook until softened, 5-6 mins, stirring occasionally.

Stir in the **korma style paste** and **half the garlic**, then cook for 1 min more.



Bring on the Beans

When the **rice** has 10 mins left to cook, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once the **oil** is hot, add the **green beans** and season with **salt** and **pepper**. Stir-fry until starting to char, 3-4 mins.



Cook the Rice

Stir the **rice**, **veg stock paste** and cold **water for the rice** (see ingredients for amount) into the **onion** pan 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 charred, add the **prawns** to the **beans** and stir-fry for 3-4 mins.

Stir in the remaining **garlic** and cook for 1 min more, then remove from the heat. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.



Get Prepped

While the **rice** cooks, trim the **green beans** and chop into thirds. Trim and coarsely grate the **carrot** (no need to peel). Zest and halve the **lime**.

Finely chop the **coriander** (stalks and all), then pop into a small bowl with a squeeze of **lime juice** and the **olive oil for the dressing** (see ingredients for amount). Season with **salt** and **pepper**, then mix together.

Taste and add more **salt**, **pepper** and **lime juice** if needed, then set your **coriander dressing** aside.



Combine and Serve

Once the **rice** is cooked, fluff it up with a fork and stir through the **grated carrot**. Add the **rice** and **lime zest** to the **prawn** pan and stir together until combined. Taste and add **salt** and **pepper** if needed.

Spoon the **prawn pilaf** into bowls, then drizzle with the **coriander dressing** and add a dollop of **yoghurt**.

Cut the remaining **lime** into **wedges** and serve alongside for squeezing over.

Enjoy!