



More Than Food
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Panang Prawns with Egg Noodles

We like to stay on top of the trendiest movements in food here at the Fresh Farm, and where possible, translate them into our recipes. In this Top Chef recipe we are using one of the hottest foodie trends at the moment – root to stalk cooking! This essentially means utilising the entire plant in the recipe, with as little waste as possible. In this recipe, instead of discarding the coriander stalks, we have used them to create the base of the curry; this adds more texture and flavour to the recipe. We hope you enjoy it!



30 mins



family box



lactose free



2 of your 5 a day



healthy



eat within 2 days



spicy



Egg Noodle Nest (4)



Red Onion (2)



Red pepper (2)



Garlic Clove (2)



Ginger (2 tbsp)



Coriander (2 bunches)



Panang Curry Paste (1½ tbsp)



Water (100ml)




Tiger Prawns (250g)



Lime (2)

4 PEOPLE INGREDIENTS

- Egg Noodle Nest **4**
- Red Onion, sliced **2**
- Red Pepper, sliced **2**
- Garlic Clove, grated **2**
- Ginger, grated **2 tsp**
- Coriander **2 bunches**
- Panang Curry Paste **1½ tbsp**
- Water for the sauce **100ml**
- Tiger Prawns **250g**
- Lime **2**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

The earliest known mention of panang curry appears in Mom Somchin Rachanupraphan's book, Tamra Kap Khao, published in 1890 AD!

Allergens: Egg, Gluten, Crustaceans.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	310 kcal / 1310 kJ	7 g	1 g	42 g	8 g	24 g	2 g
Per 100g	84 kcal / 357 kJ	2 g	0 g	12 g	2 g	6 g	1 g

Panang Curry Paste: Sunflower Oil, Salt, Water, Garlic Purée, Lemongrass Purée (Frozen Lemongrass, Lemon juice (contains Sulphur dioxide E220), Yeast Extract, Red Pepper Juice, Onion Juice, Dried Onion, Glucose Syrup, Kaffir Lime, Lemongrass, Galangal, Roasted Coriander, Crushed Chillies, Cornflour, Roasted Cumin, Black Pepper, Cardamom, Nutmeg, Colour (Paprika Extract).



1 Bring a pot of water to the boil over high heat. Cook the **noodles** for 3 mins and then drain into a colander. Run under cold water to stop them cooking and then keep to one side.



2 Cut the **red onion** in half through the root, peel and slice into thin half moon shapes. Remove the core from the **red pepper** and thinly slice.

3 Heat a large frying pan or wok over high heat. When hot, add a glug of **oil** and fry your **onion** and **pepper** for 3 mins. Whilst they are cooking, peel the **garlic** and **ginger** and then grate on the fine side of you grater.



4 Separate the **coriander** leaves from the stalks. Chop the stalks as small as you can and roughly chop the leaves. Keep them separate.

5 Add your **coriander stalks**, grated **garlic** and **ginger** to the pan and cook for 1 minute more.



6 Lower the heat to medium and stir in the **panang curry paste** and **water** (as specified in the ingredient table). Stir well to make sure your **paste** is evenly distributed and dissolved in the water. Add in the **prawns** and **noodles** and cook for 5 mins more. **Tip:** *The prawns are cooked when the outside is pink and the centre is white.*

7 When everything is piping hot, squeeze on some **lime juice** and sprinkle over your chopped **coriander**. Serve immediately and share your **prawns** out evenly!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!