



Pil Pil Style Prawns

with Basmati Rice and Roasted Peppers

Classic 30 Minutes • Mild Spice • 1 of your 5 a day

4



Red Onion



Bell Pepper



Garlic Clove



Flat Leaf Parsley



Basmati Rice



Chilli Flakes



Cider Vinegar



Tomato Puree



King Prawns



Vegetable Stock Paste

Before you start

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

Cooking tools

Kettle, garlic press, saucepan, lid, baking tray and frying pan.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	2	3	4
Garlic Clove**	3	4	6
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Olive Oil*	1 tbsp	2 tbsp	3 tbsp
Chilli Flakes	1 pinch	1 pinch	2 pinch
Cider Vinegar 14)	1 sachet	2 sachets	2 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	100ml	150ml	200ml
King Prawns** 5)	150g	225g	300g
Sugar*	¼ tsp	½ tsp	½ tsp
Vegetable Stock Paste 10)	10g	15g	20g

*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

	Per serving	Per 100g
for uncooked ingredient	418g	100g
Energy (kJ/kcal)	1942/464	464/111
Fat (g)	7	2
Sat. Fat (g)	1	1
Carbohydrate (g)	79	19
Sugars (g)	13	3
Protein (g)	22	5
Salt (g)	1.94	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Contact

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Get Prepped

Preheat your oven to 220°C. Halve, peel and thinly slice the **red onion**. Halve the **peppers** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all).



Start the Sauce

While everything cooks, heat the **olive oil** (see ingredients for amount) in a large frying pan on medium-high heat. Once hot, add the **onion**, season with **salt and pepper** and fry until soft and sweet, 8-10 mins. Stir in the **chilli flakes** (careful, they're hot - add less if you don't like heat) and **garlic**. Cook for 2-3 mins, then add the **cider vinegar**. Allow it to bubble away until evaporated, 1 min.



Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and **½ tsp salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. 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).



Simmer Away

Stir the **tomato puree** into the pan and cook for 1 min, then pour in the **water for the sauce** (see ingredients for amount). Season with **salt and pepper**, then stir in the **prawns, sugar** (see ingredients for amount) and **vegetable stock paste**. Cook until the **sauce** has thickened and the **prawns** are cooked, 3-4 mins. 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.



Roast the Peppers

Meanwhile, pop the **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.



Finish and Serve

Taste the **sauce** and add **salt and pepper** if needed. Add a splash of **water** if it has thickened too much. Stir in the **roasted peppers** and **half the parsley**. Fluff up the **rice** with a fork and spoon into bowls. Top with the **prawns** and finish with a sprinkling of the remaining **parsley**.

Enjoy!