



Poudre de Colombo Spiced Chicken Thighs and Prawn Skewers with Rice & Beans and Buttery Limey Corn on the Cob

N° 20

BBQ FEAST 40 Minutes • Little Heat • 1 of your 5 a day



Skewers



Lime



Poudre de Colombo



Chicken Thigh



King Prawns



Garlic Clove



Black Beans



Desiccated Coconut



Basmati Rice



Chicken Stock Powder



Corn on the Cob



Butter



Mango Chutney

Before you start

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

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Sieve, Saucepan, Measuring Jug, Frying Pan and Baking Tray.

Ingredients

	2P	3P	4P
Skewers	4	6	8
Lime**	½	1	1
Sugar*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Chicken*	1½ tbsp	2 tbsp	3 tbsp
Poudre de Colombo 9)	1 pot	1½ pots	2 pots
Chicken Thigh**	4	6	8
King Prawns 5)**	180g	250g	360g
Garlic Clove**	2 cloves	3 cloves	4 cloves
Black Beans	1 carton	1 carton	2 carton
Desiccated Coconut	25g	25g	25g
Basmati Rice	150g	225g	300g
Boiling Water for the Rice*	300ml	450ml	600ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Corn on the Cob**	1 pack	1½ packs	2 packs
Butter 7)**	30g	45g	60g
Mango Chutney	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	705g	100g
Energy (kJ/kcal)	4935 /1180	700 /167
Fat (g)	53	8
Sat. Fat (g)	22	3
Carbohydrate (g)	103	15
Sugars (g)	20	3
Protein (g)	68	10
Salt (g)	3.41	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk 9) Mustard

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. Prep the Meat

Preheat your oven to 200°C (if you're not using the BBQ). Soak your **skewers** in a bowl of water. Fill and boil your kettle. Zest and halve the **lime**. Add the **sugar, oil** (see ingredients for both amounts) and **half the poudre de Colombo** to a medium bowl. Mix together, then add the **chicken thighs**. Mix to coat, then cover and refrigerate until ready to use. **IMPORTANT: Wash your hands after handling raw meat.**



4. Prep the Corn

Meanwhile, halve the **corn on the cobs** by running a knife firmly around the middle then snapping in half with your hands. Chop each **butter piece** into 8 pieces. Lay out 1 piece of tin foil per **corn on the cob half**, put a piece of **corn** in one of the pieces of foil, sprinkle with the remaining **lime zest** and add a couple of pieces of **butter**. Season with **salt and pepper** and scrunch the tin foil to make a parcel - repeat for the other **corn on the cobs**. 25 mins before you're ready to eat, pop the **corn on the cob parcels** on a baking tray and bake in your oven until tender, 20-25 mins. You can also pop the parcels on the BBQ if you'd rather!



2. Make the Rice Salad

Thread the **prawns** onto **skewers**, sprinkle over **half the lime zest** and a drizzle of **oil**. Season with **salt and pepper**, cover and refrigerate until ready to use. **IMPORTANT: Wash your hands after handling raw fish.** Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **black beans** in a colander. Heat a medium saucepan on medium high heat (no oil) and add the **desiccated coconut**. Toast it until golden, stirring every 30 seconds, 1-2 mins total. **TIP: Watch it like a hawk, it burns easily!**



5. Cook the Meat

If you're not using your BBQ for your **chicken** and **prawns**, heat a frying pan on medium heat (no oil). Lay in the **chicken thighs** flat in the pan and fry until golden brown on the outside and cooked through, 6-7 mins each side. **IMPORTANT: The chicken is cooked when no longer pink in the middle.** Pop the **prawn skewers** on a baking tray. Bake in your oven for 5-6 mins just before you're ready to eat. **IMPORTANT: The prawns are cooked when pink on the outside and opaque all the way through.** Alternatively you could BBQ the **meat and prawns...** weather permitting!



3. Cook the Rice

Pop the **coconut** in the bowl you want to serve your **rice salad** in. Pop your saucepan back on medium heat with a drizzle of **oil**. Add the **garlic** and the remaining **poudre de Colombo**. Stir together and cook for 1 minute, then add the **rice** and pour in the **boiling water** (see ingredients for amount) and **chicken stock powder**. Stir in the **black beans**, bring to the boil, lower the heat to medium and pop a lid on the pan. 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).



6. Finish and Serve

Once the **chicken** is cooked, remove to a plate and discard any excess **oil** from the pan. Add the **mango chutney** and **half the lime juice** to the pan along with 1 tbsp of **water** per person. Pop on medium heat and simmer until thickened and sticky, 2-3 mins. Fluff up the **rice** with a fork, add the **desiccated coconut** and squeeze in the remaining **lime juice**. Stir to combine, taste and add **salt and pepper** if you feel it needs it. Pop into your serving bowl. Serve the **chicken** and **prawn skewers** with the **rice** and **corn** alongside (2 corns per person). Drizzle the **mango lime sauce** over the **prawns** and...

Enjoy!