



Prawn Red Thai Style Curry

with Courgette and Basmati Rice

Classic 20 Minutes • Mild Spice • 1 of your 5 a day

4



Basmati Rice



Courgette



Carrot



Lime



Coriander



Red Chilli



Red Thai Style Paste



Coconut Milk



King Prawns

Before you start

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

Cooking tools

Saucepan, lid, sieve, zester and frying pan.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Courgette**	1	2	2
Carrot**	1	1	2
Lime**	½	¾	1
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	1	1
Red Thai Style Paste	50g	75g	100g
Coconut Milk	200ml	300ml	400ml
King Prawns** 5)	150g	225g	340g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	466g	100g
Energy (kJ/kcal)	2445 / 584	525 / 125
Fat (g)	23	5
Sat. Fat (g)	17	4
Carbohydrate (g)	73	16
Sugars (g)	8	2
Protein (g)	22	5
Salt (g)	2.09	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans

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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1



Cook the Rice

a) Bring a large saucepan of **water** to the boil with **¼ tsp salt**.

b) When boiling, add the **rice** and cook for 10-12 mins.

c) Drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.

2



Prep the Veggies

a) Meanwhile, trim the **courgette** and chop into 1cm chunks.

b) Trim the **carrot**, then slice into thin rounds (no need to peel).

c) Zest and halve the **lime**. Roughly chop the **coriander** (stalks and all).

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

3



Start the Curry

a) Heat a drizzle of **oil** in a large frying pan on medium-high heat.

b) When hot, add the **carrots** and stir-fry until starting to soften, 2-3 mins.

c) Add the **courgette** and stir-fry for another 2 mins.

4



Bring on the Flavours

a) Stir the **red Thai style paste** and **half the chilli** (add less if you don't like heat) into your pan. Cook for 30 secs.

b) Mix in the **coconut milk** and add the **prawns**.

c) Bring to a simmer and cook for 3-4 mins.

IMPORTANT: Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque all the way through.

5



Finish the Curry

a) Add a squeeze of **lime juice** to your **curry** with **half the coriander**.

b) Season to taste with **salt, pepper** and more **lime juice** if you like.

6



Serve

a) Mix the **lime zest** through the **rice** and serve in bowls topped with the **prawn red Thai curry**.

b) Finish with a sprinkling of the remaining **coriander** and **chilli**.

Enjoy!