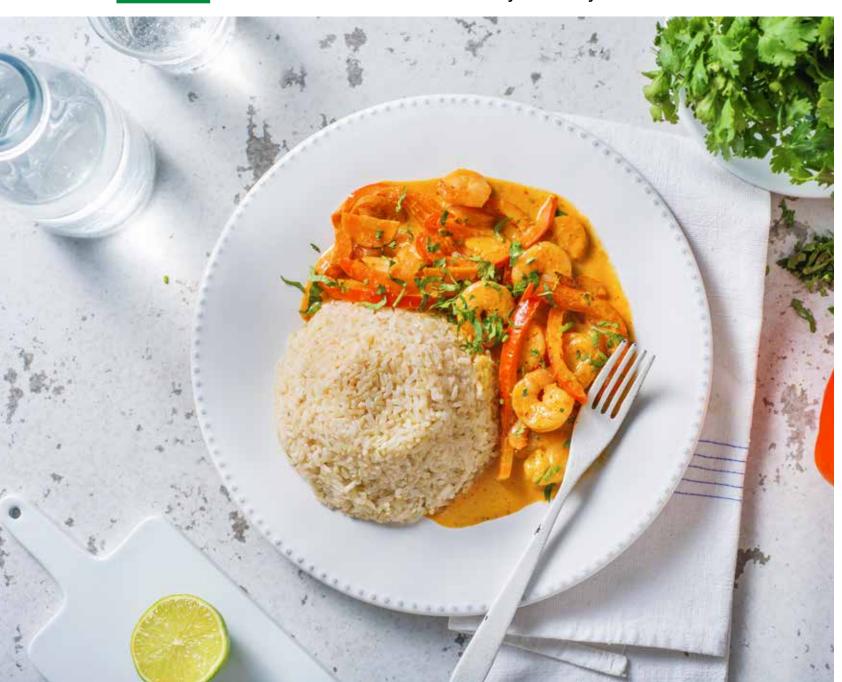


# Red Thai-Style Prawn Curry

with Easy Brown Rice

BALANCED 15 Minutes • Under 600 Calories • 1.5 of your 5 a day • Little Heat

















**Garlic Clove** 

Red Curry Paste





Coconut Milk

Vegetable Stock Powder







Lime

King Prawns

# Before you start

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

## Basic cooking tools, you will need:

Make sure you've got a Peeler and two Frying Pans. Now, let's get cooking!

## 2|3|4 People-Ingredients

_   0   1 1 0 0 p. 0 g. 0 0			
	2P	3P	4P
Carrot	1	1	2
Red Pepper	1	2	2
Garlic Clove	2	3	4
Red Curry Paste	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Water for Curry*	2 tbsp	3 tbsp	4 tbsp
Vegetable Stock Powder <b>10</b> )	1 sachet	1½ sachets	2 sachets
Steamed Brown Basmati Rice	1 pouch	1½ pouches	2 pouches
Coriander	1 bunch	1 bunch	1 bunch
Lime	1/2	3/4	1
King Prawns 5)	150g	250g	300g
*Not Included			

#### **Nutrition**

	Per serving	Per 100g
For uncooked ingredients	431g	100g
Energy (kJ/kcal)	1661/397	385/92
Fat (g)	16	4
Sat. Fat (g)	9	2
Carbohydrate (g)	43	10
Sugars (g)	9	2
Protein (g)	19	4
Salt (g)	4.22	0.98

Nutrition for uncooked ingredients based on 2 person recipe.

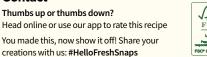
#### **Allergens**

5) Crustaceans 10) Celery

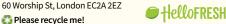
Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

#### Contact

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Packed in the UK



# 1. Prep the Veggies

- a) Trim the carrot (no need to peel), half lengthways then thinly slice widthways.
- b) Halve the red pepper, remove the core and seeds then slice thinly. Peel and grate the garlic (or use a garlic press).



# 2. Stir-Fry the Veggies

- a) Heat a drizzle of oil in a large frying pan on high heat.
- b) Add the carrot and pepper along with a grind of pepper. Stir-fry for 4 mins.



## 3. Make the Sauce

- a) Add the garlic and red curry paste.
- b) Stir together and cook for 1 minute, then pour in the **coconut milk** and **water** (see ingredients for amount).
- c) Add the **stock powder** and stir to dissolve. Bring to the boil, then lower the heat and simmer for 2 mins.



## 4. Heat the Rice

- a) Meanwhile, cook the rice according to pack instructions.
- b) Roughly chop the coriander and halve the lime.



## 5. Add the Prawns

- a) When the curry has cooked for 2 mins, add the prawns.
- **b)** Stir so they are submerged in the **sauce** and simmer for 4-5 mins more. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque all the way through.
- c) Squeeze in some lime juice. Taste and add more lime juice if necessary. Add a splash of water if it's a bit thick.



## 6. Finish and Serve

a) Share the rice between your bowls and serve with a generous portion of curry and a sprinkling of coriander.

## **Enjoy!**

## **BALANCED RECIPE**

Under 600 Calories • Low Sugar

Featured Ingredient, Brown Rice: Compared to white rice, brown rice is less processed, as the germ and the bran is still attached to the grain. Brown rice is high in magnesium and Riboflavin.