



Garlic Butter Prawns with green beans and rice

Calorie Smart Quick Cook 20-25 mins • Eat me first

12



Prawns



Garlic



Rice



Lemon



Parsley



Green Beans



Paprika



Carrot

Pantry Items: Butter, Salt, Oil, Pepper, Water

Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pan with lid, pot with lid

Ingredients

	2P	4P
Prawns	180 g	360 g
Garlic	2 units	4 units
Rice	150 g	300 g
Lemon	1 unit	2 units
Parsley	5 g	10 g
Green Beans	150 g	300 g
Paprika	1 sachet	2 sachets
Carrot	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	298.5 g	100 g
Energy (kJ/kcal)	1573.2 kJ/ 409 kcal	527 kJ/ 126 kcal
Fat (g)	2.1 g	0.6 g
Sat. Fat (g)	0.3 g	0.1 g
Carbohydrate (g)	77.7 g	23.4 g
Sugars (g)	8.3 g	1.5 g
Protein (g)	22.8 g	7.6 g
Salt (g)	1.4 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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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Make the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium and cover with the lid.
- Cook for 10 mins, then remove the pot from the heat.
- Keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Fry the Prawns

- Wipe the pan and return it to medium-high heat with 2 tbsp **butter** (double for 4p) and a drizzle of **oil**.
- Once hot, add the **prawns** and cook for 4-5 mins. **IMPORTANT:** Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.
- Season with **salt** and **pepper**.



Prep the Veg

- Meanwhile, roughly chop the **parsley** (stalks and all).
- Quarter the **lemon**.
- Peel and grate the **garlic** (or use a garlic press).
- Trim the **green beans**.
- Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly ½ cm wide, 5cm long batons.



Finish the Sauce

- Add the **garlic** and **paprika** to the **prawns** and cook until fragrant, 1 min.
- Squeeze in the juice from **half** the **lemon** wedges.
- Add 1 tbsp **butter** (double for 4p) and the chopped **parsley** to the pan (if you like, reserve some **parsley** for garnish).
- Cook until warmed through, 1-2 mins.
- Once cooked, toss the veg with the **prawns**.



Cook the Veg

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once the pan is hot, fry the **carrot** and **green beans** until starting to char, 2-3 mins.
- Lower heat to medium and cook for 1 min. Add a splash of **water** and immediately cover with a lid or some foil.
- Cook until the veg is tender, 4-5 mins.
- Remove from the pan, draining any excess **water**. Season to taste with **salt** and **pepper**. Cover to keep warm.



Garnish and Serve

- Fluff up the **rice** with a fork and divide between plates.
- Top with the **green beans, carrots** and **garlic prawns**.
- Drizzle over the **parsley butter** sauce from the pan.
- Serve with the remaining **lemon** wedges on the side.
- Finish with a sprinkling of any remaining **parsley**.

Enjoy!