



Prawn and Butternut Squash Curry

with rice and sprinkled scallions

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

12



Prawns



Lemon



Chopped Tomato with Onion & Garlic



Garam Masala



Rice



Scallion



Diced Butternut Squash



Chilli

Before you start

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

Cooking tools you will need

Lid, Pot, Sieve

Ingredients

| | 2P | 4P |
|------------------------------------|----------|-----------|
| Prawns | 180 g | 360 g |
| Lemon | ½ unit | 1 unit |
| Chopped Tomato with Onion & Garlic | 1 pack | 2 packs |
| Garam Masala | 1 sachet | 2 sachets |
| Rice | 150 g | 300 g |
| Scallion | 1 unit | 2 units |
| Diced Butternut Squash | 1 unit | 2 units |
| Chilli | 1 unit | 2 units |

Nutrition

| | Per serving | Per 100g |
|--------------------------|--------------------------|----------------------|
| for uncooked ingredients | 560 g | 100 g |
| Energy (kJ/kcal) | 1982.4 kJ/ 473.8 kcal | 354 kJ/ 84.6 kcal |
| Fat (g) | 3.2 g | 0.6 g |
| Sat. Fat (g) | 0.5 g | 0.1 g |
| Carbohydrate (g) | 85.4 g | 15.3 g |
| Sugars (g) | 17.1 g | 3.1 g |
| Protein (g) | 26.3 g | 4.7 g |
| Salt (g) | 2.8 g | 0.5 g |

Nutrition for uncooked ingredients based on 2 person recipe.

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

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.



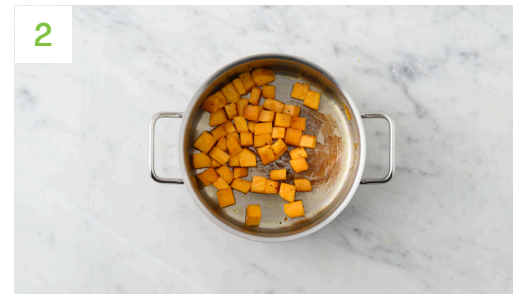
You can recycle me!



Make the Rice

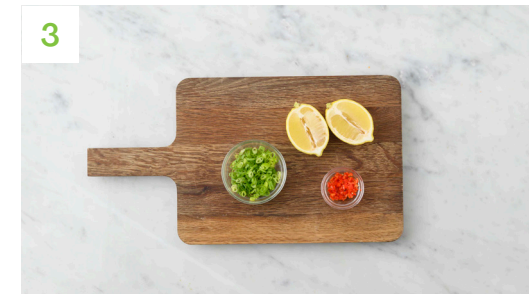
- Boil a pot of **salted water** for the **rice**.
- Add the **rice** and cook for 10-12 mins.
- Drain in a sieve and pop back in the pot.
- Cover with a lid and leave to the side until ready to serve.

TIP: If you're in a hurry you can boil the water in your kettle.



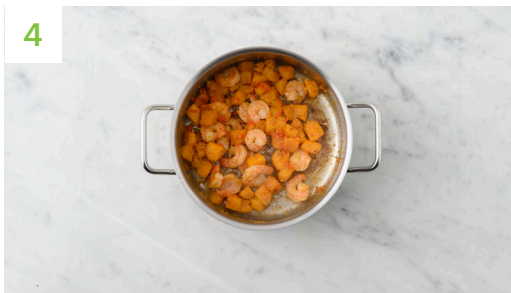
Cook the Squash

- Place a large pot over high heat with a drizzle of **oil**.
- When hot, add the **butternut squash** along with a pinch of **salt** and **pepper**.
- Fry, stirring only every so often, for 5-7 mins.



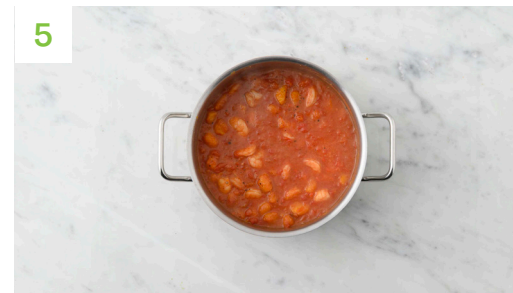
Prep the Veg

- Meanwhile, trim and thinly slice the **scallion**.
- Halve the **lemon**.
- Halve the **chilli** and discard the core and seeds. Finely chop.



Fry the Prawns

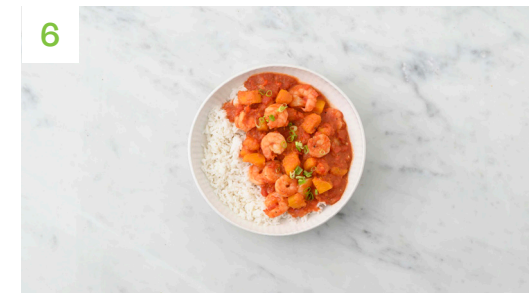
- Lower the heat of the pot to medium-high.
- Add the **prawns** and **chilli** (use less if you don't like spice).
- Season with **salt, pepper** and a squeeze of **lemon** juice—all to taste.
- Fry for 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.



Finish the Curry

- Pour the **chopped tomato** into the pot.
- Cover and simmer for 8-10 mins.
- When the curry has 2 mins of cooking time remaining add the **garam masala**.
- Season to taste with **salt, pepper** and **sugar**.

TIP: Add a splash of water to loosen the curry if required.



Serve and Enjoy

- Serve your **prawn** and **butternut squash** curry alongside the **rice**.
- Top with the sliced **scallion**.
- Finish with a final squeeze of **lemon** juice.

Enjoy!