



Spicy Prawn Red Thai Curry

with courgette and rice

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

12



Prawns



Coconut Milk



Red Thai Style Paste



Coriander



Lime



Carrot



Basmati Rice



Courgette



Chilli

Pantry Items: Salt, Oil, Pepper, Water

Before you start

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

Cooking tools you will need

Zester, Lid, Pot, Sieve

Ingredients

	2P	4P
Prawns	180 g	360 g
Coconut Milk	180 ml	360 ml
Red Thai Style Paste	1 sachet	2 sachets
Coriander	10 g	20 g
Lime	½ unit	1 unit
Carrot	1 unit	2 units
Basmati Rice	150 g	300 g
Courgette	1 unit	2 units
Chilli	½ unit	1 unit

Nutrition

	Per serving	Per 100g
for uncooked ingredients	495.2 g	100 g
Energy (kJ/kcal)	2382 kJ/ 569.3 kcal	481 kJ/ 115 kcal
Fat (g)	18.5 g	3.7 g
Sat. Fat (g)	14.5 g	2.9 g
Carbohydrate (g)	75.7 g	15.3 g
Sugars (g)	8.8 g	1.8 g
Protein (g)	26 g	5.2 g
Salt (g)	3 g	0.6 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

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Cook the Rice

- Boil a pot of **salted water** for the **rice**.
- When boiling, 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.*



Stir in the Paste

- Stir in the **red Thai paste** and one-quarter of the chopped **chilli** (use less if you don't like spice). Cook for 30 secs.
- Mix in the **coconut milk** and add the **prawns**. Bring to a simmer and cook for 3-4 mins. **IMPORTANT:** Wash your hands after handling raw prawns. The prawns are cooked when pink on the outside and opaque all the way through.



Prep the Veg

- Meanwhile, trim the **courgette** and chop into 1cm chunks. Trim the **carrot** then slice into thin rounds (no need to peel).
- Zest half the **lime** then chop into wedges (double for 4p).
- Roughly chop the **coriander** (stalks and all).
- Halve the **chilli** lengthways, deseed then finely chop.



Finishing Touches

- Add a squeeze of **lime** juice to your curry with half of the **coriander**.
- Season to taste with **salt, pepper** and more **lime** juice if you like.



Start the Curry

- Heat a drizzle of **oil** in a large pan on medium-high heat.
- Add the **carrots** and fry until starting to soften, 2-3 mins.
- Add the **courgette** and fry for another 2 mins.



Dish Up

- Mix the **lime** zest through the **rice** and serve the **rice** in bowls topped with the **prawn** red Thai style curry.
- Finish with a sprinkling of **coriander** and as much of the remaining **chilli** as you like.

Enjoy!