



Thai Prawn Curry

with courgette, carrot and rice

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

12



Prawns



Rice



Courgette



Carrot



Lime



Chilli



Red Thai Style Paste



Coconut Milk



Coriander



Thai Style Spice Mix

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

Lid, pot, zester

Ingredients

	2P	4P
Prawns	180 g	360 g
Rice	150 g	300 g
Courgette	1 unit	2 units
Carrot	1 unit	2 units
Lime	½ unit	1 unit
Chilli	1 unit	2 units
Red Thai Style Paste	1 sachet	2 sachets
Coconut Milk	1 pack	2 packs
Coriander	5 g	10 g
Thai Style Spice Mix	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	498.5 g	100 g
Energy (kJ/kcal)	2392.9 kJ/ 571.9 kcal	480 kJ/ 114.7 kcal
Fat (g)	18.7 g	3.8 g
Sat. Fat (g)	14.5 g	2.9 g
Carbohydrate (g)	76.5 g	15.3 g
Sugars (g)	9.8 g	2 g
Protein (g)	25.4 g	5.1 g
Salt (g)	3.3 g	0.7 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

- 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, cover and cook for 10 mins.
- Remove from the heat (still covered) and leave aside for 10 mins or until ready to serve (the rice will continue to cook in its own steam).



Get Prepped

- Meanwhile, trim the **courgette** and chop into 1cm chunks.
- Trim the **carrot** then slice into ½ cm thick rounds (no need to peel).
- Zest **half** the **lime** (double for 4p) then chop in **half**.
- Roughly chop the **coriander** (stalks and all).
- Halve the **chilli** lengthways, deseed then finely chop.



Fry the Veg

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Add the **carrot** and fry until starting to soften, 5-6 mins.
- Add the **courgette** and fry for another 2 mins.



Simmer the Curry

- Stir in the **Thai style spice mix**, **red Thai paste** and **half** the **chilli**. You can use less **chilli** if you don't like spice—or more if you do. Cook for 30 secs.
- Mix in the **coconut milk** and add the **prawns**.
- Bring to a simmer and cook until **prawns** are done, 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.



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.



Dish Up

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

Enjoy!