



Spicy Thai Prawn Curry

with courgette, carrot and rice

Calorie Smart Quick Cook 20-25 mins • Extra 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!

Cooking tools you will need

Zester, Lid, Pot, Sieve

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)	2414.9 kJ/ 577.2 kcal	484.4 kJ/ 115.8 kcal
Fat (g)	18.7 g	3.8 g
Sat. Fat (g)	14.5 g	2.9 g
Carbohydrate (g)	77 g	15.5 g
Sugars (g)	9.5 g	1.9 g
Protein (g)	26.1 g	5.2 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

- 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.



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** (double for 4p) then chop in **half**.
- Roughly chop the **coriander** (stalks and all).
- Halve the **chilli** lengthways, deseed then finely chop.



Start the Curry

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



Add the Paste

- 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 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.



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!