



Garlic Butter Prawns

with sugar snaps, carrots and rice

Calorie Smart 20-25 mins • Eat me first

16



Prawns



Garlic



Rice



Lemon



Parsley



Paprika



Carrot



Sugar Snap Peas

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



Rate your recipe!

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
Paprika	1 sachet	2 sachets
Carrot	1 unit	2 units
Sugar Snap Peas	150 g	300 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	378.5 g	100 g
Energy (kJ/kcal)	1732.2 kJ/ 414 kcal	457.6 kJ/ 109.4 kcal
Fat (g)	2.2 g	0.6 g
Sat. Fat (g)	0.4 g	0.1 g
Carbohydrate (g)	77.5 g	20.5 g
Sugars (g)	8.9 g	2.4 g
Protein (g)	24.2 g	6.4 g
Salt (g)	1.5 g	0.4 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.

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1 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).



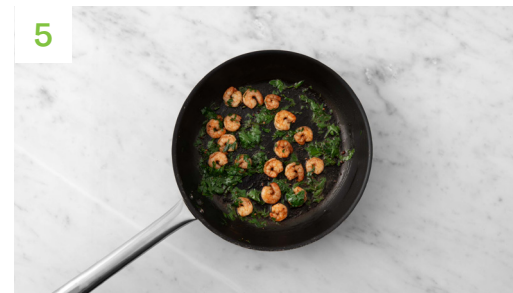
4 Fry the Prawns

- Give the pan a wipe then return to medium-high heat with 2 tbsp **butter** (double for 4p) and a drizzle of **oil**.
- Once hot, fry the **prawns** until cooked through, 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**.



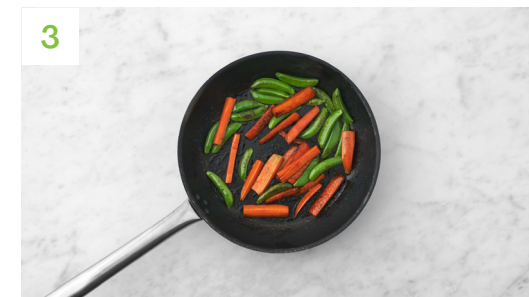
2 Get Prepped

- Meanwhile, roughly chop the **parsley** (stalks and all).
- Quarter the **lemon**.
- Peel and grate the **garlic** (or use a garlic press).
- Trim the **carrot** and halve lengthways (no need to peel). Chop into 1cm wide, 5cm long batons.



5 Finish the Sauce

- Add the **garlic** and **paprika** to the **prawns** and cook until fragrant, 1 min.
- Squeeze in the juice of **half** of the **lemon** wedges.
- Add the chopped **parsley** and veg to the pan and toss together with the **prawns**.
- Cook until warmed through, 1-2 mins.



3 Cook the Veg

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **carrot** until starting to char, 4-5 mins.
- Add the **sugar snaps**, lower heat to medium, add a splash of **water** and cover with a lid or some foil.
- Cook until the veg is tender, 2-3 mins.
- Drain any excess **water** and season to taste with **salt** and **pepper**. Remove from the pan and cover to keep warm.



6 Garnish and Serve

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

Enjoy!