



Sweet and Spicy Prawn Curry

with coriander and green beans

Calorie Smart 20 – 25 mins • Eat me first

11



Prawns



Curry Powder



Cranberry Chutney



Shallot



Green Beans



Garlic



Creme Fraiche



Rice



Coriander



Vegetable Stock

Pantry Items: Salt, Pepper, Oil, Water



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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
Curry Powder	2 sachets	4 sachets
Cranberry Chutney	1 sachet	2 sachets
Shallot	1 unit	2 units
Green Beans	150 g	300 g
Garlic	1 unit	2 units
Creme Fraiche	110 g	220 g
Rice	150 g	300 g
Coriander	5 g	10 g
Vegetable Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	354 g	100 g
Energy (kJ/kcal)	2246.8 kJ/ 537 kcal	634.7 kJ/ 151.7 kcal
Fat (g)	16.6 g	4.7 g
Sat. Fat (g)	8.7 g	2.5 g
Carbohydrate (g)	73.1 g	20.6 g
Sugars (g)	7.8 g	2.2 g
Protein (g)	25.1 g	7.1 g
Salt (g)	1.9 g	0.5 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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Boil 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 the pot from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



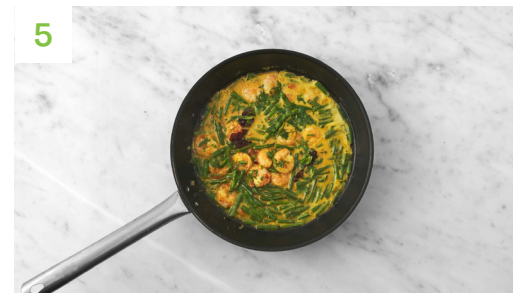
Simmer the Curry

- Add the **garlic** and **curry powder** and stir to coat the **prawns**. Cook for 1 min.
- Pour in 100ml **water** (double for 4p) along with the **stock**.
- Add the **green beans**, bring to the boil, then reduce the heat to medium.
- Cover the pan with a lid or some foil.
- Simmer until the **green beans** are tender, 5-7 mins.



Prep the Veg

- Meanwhile, halve, peel and thinly slice the **shallot**.
- Trim the **green beans** then chop into thirds.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **coriander** (stalks and all).



Finishing Touches

- Once the **green beans** are tender, remove the lid from the pan and stir in the **creme fraiche** and **cranberry chutney**.
- Bring to the boil, then remove the pan from the heat.
- Stir through **half** the **coriander**.
- Taste and season with **salt** and **pepper** if desired.



Fry the Prawns

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **prawns**. Season with **salt** and **pepper** and cook for 4-5 mins.
- Once cooked, remove the pan from the heat. **IMPORTANT:** Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.
- Once the **prawns** are cooked, add the **shallot** and cook until softened, stirring frequently, 3-4 mins.



Dish Up

- Fluff up the **rice** with a fork and divide between bowls.
- Top with the **prawn** curry.
- Finish with a sprinkling of the remaining **coriander**.

Enjoy!