



Prawn Thai Curry

with courgette and carrot

20 – 25 mins • Eat me first • Spicy

2



Prawns



Rice



Courgette



Carrot



Lime



Chilli



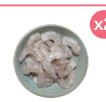
Red Thai Style Paste



Coconut Milk



Thai Style Spice Mix



Prawns

Pantry Items: 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.

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and ready-to-eat foods or wash these in between uses.

Cooking tools you will need

Pot with lid, zester

Ingredients

	2P	4P
Prawns	150 g	300 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
Thai Style Spice Mix	1 sachet	2 sachets
Prawns	300 g	600 g

Nutrition

for uncooked ingredient	Per 100g	Per 100g
Energy (kJ/kcal)	482 kJ/ 115 kcal	451 KJ/ 108 kcal
Fat (g)	3.9 g	3.4 g
Sat. Fat (g)	3.1 g	2.7 g
Carbohydrate (g)	16.4 g	14.2 g
Sugars (g)	2.2 g	1.9 g
Protein (g)	4.4 g	5.7 g
Salt (g)	0.7 g	0.8 g

See site or app for detailed nutritional info.

Allergens

For allergen information please refer to the website or individual ingredient labels.

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You can recycle me!



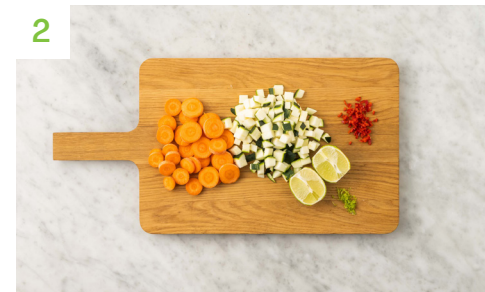
Cook the Rice

- Pour 300ml cold **salted water** (per 2P) 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 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 Sauce

- Stir in the **Thai 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 until fragrant, 30 secs.
- Mix in the **coconut milk** and **prawns**.
- Lower the heat and simmer until **prawns** are cooked through, 3-4 mins.
IMPORTANT: Wash hands after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.



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 a **lime** (per 2P). Chop the **lime** in **half**.
- Halve the **chilli** lengthways, deseed then finely chop.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



Finishing Touches

- Add a squeeze of **lime** juice to your curry.
- Season to taste with **salt**, **pepper** and more **lime** juice if you like.
- Mix the **lime** zest through the **rice**, fluffing it up as you go.



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 2 mins more.



Garnish and Serve

- Serve the **rice** in bowls topped with the **prawn curry**.
- Finish with a sprinkling of as much of the remaining chopped **chilli** as you like.

Enjoy !