



10

Quick 'n' Sticky Prawns with Basmati Rice

Classic • 15 Minutes • Very Hot • 1 of your 5 a day



Basmati Rice



Red Onion



Green Pepper



Sugar Snap Peas



Coriander



King Prawns



Thai Spice Blend



Hoisin Sauce



Soy Sauce

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Sieve, Frying Pan, Wooden Spoon, Bowl.

Ingredients

	2P	3P	4P
Basmati Rice	150g	225g	300g
Red Onion**	1	1	1
Green Pepper**	1	2	2
Sugar Snap Peas**	80g	120g	160g
Coriander**	1 bunch	1 bunch	1 bunch
King Prawns 5)**	150g	250g	300g
Thai Spice Blend 3)	1 small pot	¾ large pot	1 large pot
Hoisin Sauce 3) 11)	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	384g	100g
Energy (kJ/kcal)	1872 / 447	488 / 116
Fat (g)	2	1
Sat. Fat (g)	1	1
Carbohydrate (g)	84	22
Sugars (g)	19	5
Protein (g)	23	6
Salt (g)	3.24	0.85

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 5) Crustaceans 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.



Cook the Rice

- Bring a large saucepan of **water** to the boil with a $\frac{1}{4}$ tsp of **salt** for the **rice**.
- When boiling, add the **rice** and cook for 12 mins. Drain in a sieve, pop back in the pan, cover with a lid and leave to the side until ready to serve.



Prep Time

- Meanwhile, halve, peel and thinly slice the **red onion**.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips. Slice the **sugar snaps** in half lengthways.
- Roughly chop the **coriander** (stalks and all).



Veg Time

- Heat a splash of **oil** in a large frying pan over high heat. When the **oil** is hot, add the **red onion** and **pepper** and stir-fry until slightly softened, 4-5 mins.
 - Once the **veg** have softened add the **prawns** and **Thai spice** to the pan. Cook stirring frequently until the **prawns** are cooked through, 3-4 mins.
- IMPORTANT:** The prawns are cooked when they are pink on the outside and opaque all the way through.



Finish Off

- Add the **sugar snaps** to the pan, lower the heat and stir in the **hoisin sauce** and **soy sauce**.
- Bring to the boil, then remove from the heat.



Final Touches

- Taste and season the **sauce** with **salt** and **pepper** if needed.
- Stir through **half** the **coriander**.



Serve

- Share the **rice** between your bowls and spoon your sticky **prawns** on top.
- Sprinkle over the remaining **coriander**.

Enjoy!

Contact

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You can recycle me!



There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.