



# Pasanda Spiced Prawn Pilaf

with Garlicky Beans, Carrot and Coriander Dressing

**CLASSIC** 30 Minutes • Medium Heat



Onion



Garlic Clove



Pasanda Spice



Basmati Rice



Vegetable Stock Powder



Green Beans



Carrot



Lime



Coriander



King Prawns

## Before you start

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

### Basic cooking tools you will need:

Fine Grater, Saucepan (with a Lid), Measuring Jug and Coarse Grater.

### Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1 clove	1 clove	2 cloves
Pasanda Spice	1 small pot	1 large pot	1 large pot
Basmati Rice	150g	225g	300g
Water for the Rice*	300ml	450ml	600ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Green Beans**	1 small pack	1 large pack	2 small packs
Carrot**	1	2	2
Lime**	½	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Olive Oil for the Coriander Dressing*	1 tbsp	1½ tbsp	2 tbsp
King Prawns 5)**	150g	250g	300g

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	387g	100g
Energy (kJ/kcal)	1797 /430	464 /111
Fat (g)	6	2
Sat. Fat (g)	1	1
Carbohydrate (g)	75	19
Sugars (g)	12	3
Protein (g)	21	5
Salt (g)	1.75	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

5) Crustaceans 10) Celery

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Get Prepped

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a **garlic** press).



## 4. Finish the Prep

While the **rice** cooks, trim the **green beans** and chop into 3 pieces. Trim the **carrot** (no need to peel) and coarsely grate it. Zest and halve the **lime**. Roughly chop the **coriander** (stalks and leaves). Pop the **coriander** in a bowl and add a squeeze of **lime juice** and the **olive oil** (see ingredient list for amount). Season with **salt** and **pepper**. Stir together. Taste and add more **lime juice** if you think it needs it.



## 2. Start the Rice

Heat a drizzle of **oil** in a saucepan on medium high heat. Once the **oil** is hot, add the **onion** and cook until softened, 5-6 mins, stir occasionally. Add the pasanda **spice** (add less spice if you don't like heat) and **half** the **garlic**. Stir and cook for 1 minute. Add the **basmati rice** and stir together. Pour in the **water** (see ingredient list for amount) and stir in the **vegetable stock powder**.



## 5. Stir Fry Time

When the **rice** has 10 mins left to cook, heat a drizzle of **oil** in a frying pan on medium high heat. Once the **oil** is hot, add the **green beans** and season with **salt** and **pepper**. Stir fry until starting to char, 3-4 mins. Then add the **prawns** and stir fry for 3-4 mins. Add the **garlic**, stir and cook 1 minute more. **IMPORTANT: The prawns are cooked when pink on the outside and opaque in the centre.** Remove the pan from the heat.



## 3. Cook the Rice

Bring to the boil then reduce the heat to medium low to simmer. Cover with a lid (or tin foil) and cook for 10 mins. Then remove from the heat and leave (still covered) for another 10 mins, or until the rest of the meal is ready! The **rice** will finish cooking in its own steam.



## 6. Combine and Serve

Once the **rice** is cooked, fluff it up with a fork and stir in the **grated carrot**. Add the **rice mixture** to the **green bean** and **prawn mixture** along with the **lime zest**. Stir everything together, then taste and add **salt** and **pepper**, if you feel it needs it. Spoon into bowls and top with the **coriander dressing**. Cut the remaining **lime** into **wedges** and serve alongside for anyone that like things limey.

Enjoy!

**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.