














Pasanda Style Spiced Prawn Pilaf

with Carrot, Garlicky Green Beans and Coriander Dressing

28

Calorie Smart Eat Me Early • 30-35 Minutes • Medium Spice • Under 600 Calories



-  Red Onion
-  Garlic Clove
-  Pasanda Style Seasoning
-  Basmati Rice
-  Vegetable Stock Paste
-  Green Beans
-  Carrot
-  Lime
-  Coriander
-  King Prawns
-  Low Fat Natural Yoghurt

Pantry Items
Water, Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, saucepan, lid, measuring jug, grater, bowl and frying pan.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	1	1	2
Pasanda Style Seasoning	1 pot	1 pot	2 pots
Basmati Rice	150g	225g	300g
Vegetable Stock Paste 10	10g	15g	20g
Water for the Rice*	300ml	450ml	600ml
Green Beans**	80g	150g	150g
Carrot**	1	2	2
Lime**	½	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
King Prawns** 5	150g	225g	340g
Low Fat Natural Yoghurt** 7	75g	100g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	371g	100g
Energy (kJ/kcal)	1839 /439	495 /118
Fat (g)	7	2
Sat. Fat (g)	1	0
Carbohydrate (g)	74	20
Sugars (g)	9	3
Protein (g)	22	6
Salt (g)	2.00	0.54

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

5) Crustaceans 7) Milk 10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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10-11



Soften the Onions

Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a medium saucepan (with a tight-fitting lid) on medium-high heat. Once the **oil** is hot, add the **onion** and cook until softened, 5-6 mins, stirring occasionally. Stir in the **pasanda style seasoning** (add less if you don't like heat) and **half** the **garlic**, then cook for 1 min.



Fry the Beans

When the **rice** has 10 mins left to cook, heat a drizzle of **oil** in a large 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.



Cook the Rice

Stir the **rice**, **veg stock paste** and **cold water for the rice** (see ingredients for amount) into the **onion** pan. Cover with the lid and bring to the boil. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Add the Prawns

Add the **prawns** to the **beans** and stir-fry for 2-3 mins, then stir in the **garlic** and cook for 1 min more. Once cooked, remove from the heat. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.



Get Prepped

While the **rice** cooks, trim the **green beans** and chop into thirds. Trim the **carrot**, then coarsely grate (no need to peel). Zest and halve the **lime**. Roughly chop the **coriander** (stalks and all), then pop into a small bowl with a squeeze of **lime juice** and the **olive oil for the dressing** (see ingredients for amount). Season with **salt** and **pepper**, then mix together. Taste and add more **salt**, **pepper** or **lime juice** if needed. Set aside your **coriander dressing** for later.



Combine and Serve

Once the **rice** is cooked, fluff it up with a fork and stir through the **grated carrot**. Add the **rice** and **lime zest** to the **prawn** pan and stir together until combined. Taste and add **salt** and **pepper** if needed. Spoon the **spicy prawn** pilaf into bowls, then spoon over the **coriander dressing** and a dollop of **yoghurt**. Cut the remaining **lime** into **wedges** and serve alongside for squeezing over.

Enjoy!