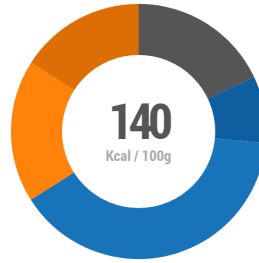


King Prawn Makhani Curry (website)

OVERVIEW ...



CALORIES:

48% Carbs

18% Protein

34% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



MAY CONTAIN:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

114100 ASC King Prawns (raw, peeled, deveined, tail off).. - BRAKES

114100 PRAWNS

100g

0.1x Each

unchanged

FK Makhani Curry Sauce..

100g

1 x Per 100g

unchanged

5874 Brakes Flaked Almonds..

FLAKED ALMONDS

5g

unchanged

113885 Herb Bunched Coriander..

HERB BUNCHED CORIANDER FRESH DIRECT

5g

0.05x Each

N/A

151388 Fresh Kitchen Pickled Sweet & Sour Red Onion..

PICKLED SWEET & SOUR RED ONION

2g

0x Each

unchanged

4793 Brakes Sliced Mixed Peppers..

SLICED MIXED PEPPERS

40g

unchanged

119851 Ardo Sliced Okra..

OKRA

20g

unchanged

127121 Coconut Milk.. - BRAKES

 127121 COCONUT MILK

BRAKES

10ml

0.03 x Each

N/A

114212 Chillies Red..

CHILLIES RED FRESH DIRECT

BRAKES

2g

Each

unchanged

22547 Tilda Fragrant Jasmine Rice 5Kg.. - BRAKES

 22547 FRAGRANT JASMINE RICE 5KG

BRAKES

60g

0.01 x Each

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



 344g / 492kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

- Defrost the prawns
- Pick and chop coriander
- Toast the almonds
- Defrost peppers
- Defrost okra
- Slice the chillies

Method:

1. In a pan over a medium heat fry the prawns until cooked - remove
2. Now add the peppers and okra to the same pan with a little oil and cook on a high heat until coloured slightly.
3. Pour in the makhani sauce and bring to a gentle boil, add the prawns back in and lower the heat.
4. Next add the chopped coriander, stir in and remove from the heat.
5. Cook the rice as per packaging guidelines
5. Plate the rice onto a suitable dish and spoon over the curry - garnish with the sweet & sour onions, almonds, coconut milk, sliced chillies & a sprig of coriander - serve!