King Prawn Makhani Curry (website)

OVERVIEW ...





CALORIES:

48% Carbs

18% Protein

34% Fat

FOOD LABELLING...

Serves 1

CONTAINS:

ALMONDS · MILK · CRUSTACEANS · MUSTARD · SULPHITES

MAY CONTAIN:

HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS · PEANUTS · CELERY · SESAME

RECIPE INGREDIENTS ...		QUANTITY:	DESCRIPTION:	METHOD:
114100 ASC King Prawns (raw, peeled, deveined, tail off).. - 114100 PRAWNS		100g	0.1x Each	*unchanged*
FK Makhani Curry Sauce..	U	100g	1 x Per 100g	*unchanged*
5874 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 Sliced Mixed Peppers.. SLICED MIXED PEPPERS		40g		*unchanged*
119851 Ardo Sliced Okra.. OKRA		20g		*unchanged*

127121 Coconut Milk.. - 127121 COCONUT MILK		10ml	0.03 x Each	*N/A*
114212 Chillies Red.. CHILLIES RED FRESH DIRECT		2g	Each	*unchanged*
22547 Tilda Fragrant Jasmine Rice 5Kg.. - 22547 FRAGRANT JASMINE RICE 5KG		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!