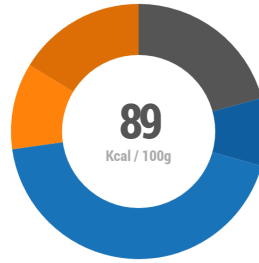


# Thai Green Prawn Curry

OVERVIEW ...



CALORIES:

52% Carbs

20.8% Protein

27.2% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



MILK

CRUSTACEANS

SESAME

MAY CONTAIN:



WHEAT

CELERY

MUSTARD

SULPHITES

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

134115 Argentinian Rosso Shrimps (Peeled & Deveined)..

SHRIMPS

BRAKES **80g**

**4.5x Each**

*unchanged*

89724 Brakes Thai Green Curry Sauce.. - BRAKES

THAI GREEN CURRY SAUCE BRAKES

BRAKES **100g**

**0.05x Each**

*unchanged*

10281 Aubergine..

AUBERGINE FRESH DIRECT

BRAKES **40g**

**0.12x Each**

*unchanged*

525271 Red Peppers (19 Oct 2023)..

RED PEPPERS

BRAKES **40g**

*unchanged*

114204 Fine Beans..

BEANS FRESH DIRECT

BRAKES **40g**

**0.03x Each**

*unchanged*

113879 Herb Bunched Basil (19 Oct 2023)..

PREMIUM LARGE BASIL BUNCH FRESH DIRECT

BRAKES **5g**

**0.05x Each**

*N/A*

114212 Chillies Red (19 Oct 2023)..

CHILLIES RED FRESH DIRECT

BRAKES **5g**

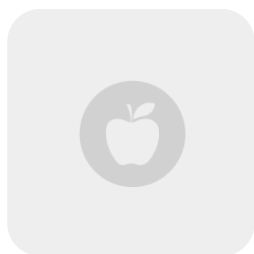
**0.02x Each**

*unchanged*

10478 Limes.. LIMES FRESH DIRECT	BRAKES	20g	0.29x Each	unchanged
3797 Brakes Long Grain Rice.. LONG GRAIN RICE	BRAKES	125g		unchanged
113885 Herb Bunched Coriander (19 Oct 2023).. HERB BUNCHED CORIANDER FRESH DIRECT	BRAKES	2g	0.02x Each	N/A
10473 Spring Onions Bunch.. SPRING ONIONS BUNCH FRESH DIRECT	BRAKES	10g	0.1x Each	unchanged
151641 World of Spice Sesame Seeds Whole.. SESAME SEEDS WHOLE	BRAKES	1g	0x Each	N/A

PRODUCTS / PACK SIZES ...

1 Serving



🕒 468g / 428kcal

# 1.0

COOKING INSTRUCTIONS & NOTES

METHOD

**Preparation:**

- Defrost the prawns
- Cut the peppers
- Cut the aubergine
- Slice the chilli (reserve some for the garnish)
- Cut and blanch the green beans
- Pick basil & coriander leaves (reserve some for the garnish)
- Finely slice spring onion - put into water (chill)
- Toast sesame seeds

**Method:**

1. In a pan over a medium heat add a little oil and cook the prawns quickly on each side.
2. Add the chillies, peppers, aubergine and green beans to the pan and fry.
3. Pour in the thai green sauce and simmer gently for 2-3 minutes.
4. Add the fresh herbs and a squeeze of lime.
5. Heat the rice and spoon onto a suitable dish.
6. Serve the curry alongside and garnish with fresh herbs, chilli, spring onion, sesame seeds & lime

