

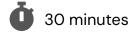


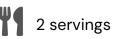


Sambal Prawns

with Crunchy Peanut Topping

Fresh prawns cooked in a fragrant chilli and kaffir lime sambal sauce, paired with tender green beans. Served over fluffy jasmine rice and finished with a crunchy peanut and fried shallot topping for the perfect balance of heat, freshness, and texture.







Bulk it up!

For extra protein, you can serve this dish with a couple of hard boiled eggs on the side or tossed through the sambal sauce.

TOTAL FAT CARBOHYDRATES

29g

22g

58g

FROM YOUR BOX

JASMINE RICE	150g
SHALLOTS	2
GARLIC CLOVES	2
RED CHILLI	1
TOMATOES	2
KAFFIR LIME LEAVES	2
GREEN BEANS	150g
RAW PRAWNS	1 packet
CORIANDER	1 packet
FRIED SHALLOT AND PEANUT MIX	1 packet

FROM YOUR PANTRY

oil for cooking, fish sauce, sugar (of choice)

KEY UTENSILS

large frypan, saucepan, stick mixer or blender

NOTES

Use coconut oil to cook the sambal for extra fragrance.





1. COOK THE RICE

Place **rice** in a saucepan, cover with **325ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10-15 minutes. Remove from heat, uncover and stand for 5 minutes. Fluff rice with a fork.



2. MAKE THE SAMBAL

Peel and roughly chop shallots and garlic. Chop chilli and tomatoes. Blend together with kaffir lime leaves, 1 tbsp sugar, and 1 tbsp fish sauce using a stick mixer or blender until smooth.





3. PREPARE THE STIR-FRY

Trim and slice **green beans** into halves. Rinse and pat dry **prawns**. Set aside.



4. COOK THE SAMBAL

Heat a frypan or wok over medium-high heat with **2 tbsp oil** (see notes). Add sambal paste and cook, stirring occasionally for 4-5 minutes until fragrant and slightly thickened.



5. COOK THE STIR-FRY

Add green beans to pan. Cook for 3 minutes until just tender. Add prawns and cook for 3-4 minutes, stirring, until just cooked through. Season to taste with **fish sauce**.



6. FINISH AND SERVE

Chop **coriander** and toss with **fried shallot/peanut mix**. Serve prawns with rice and garnish with coriander topping.

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