

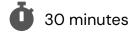




## **Sambal Prawns**

### 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.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

9g 15g

50g

#### **FROM YOUR BOX**

JASMINE RICE	300g
SHALLOTS	2
GARLIC CLOVES	3
RED CHILLI	1
TOMATOES	2
KAFFIR LIME LEAVES	3
GREEN BEANS	250g
YELLOW CAPSICUM	1
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 **550ml 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. Dice **capsicum**. 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 vegetables 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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