



Product Spotlight: Thai Basil

Thai basil has a purple stem and an aroma of liquorice, cinnamon and mint. It still holds its flavour after cooking where as sweet basil is best enjoyed fresh!



Coconut Prawns with Thai Pineapple Sauce

Oven-baked crispy coconut prawns, paired with a refreshing Thai-style noodle salad and a sweet-sour pineapple dressing for a vibrant and tropical dinner.



40 minutes



Fish



2 servings

Spice it up!

Add slices of fresh mango and bean sprouts to the salad for added colour and sweetness. Garnish with slices of fresh red chilli and chopped peanuts for extra crunch and heat.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	47g	32g	92g

FROM YOUR BOX

TINNED PINEAPPLE	225g
GARLIC CLOVE	1
LIME	1
PRAWNS	1 packet
PANKO COCONUT SESAME MIX	40g
BEAN THREAD NOODLES	100g
LEBANESE CUCUMBER	1
AVOCADO	1
SHALLOT	1
OREINTAL COLESLAW	250g
THAI BASIL	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 egg, sweet chilli sauce, fish sauce

KEY UTENSILS

saucepan, oven tray

NOTES

Spray oil gives even coverage, resulting in crispy prawns. Alternatively, lightly brush or drizzle prawns with oil before baking.

No gluten option – panko coconut sesame mix is replaced with mixed sesame seeds and desiccated coconut.



1. MAKE THE SAUCE

Set oven to 220°C.

Add **liquid** from **pineapple** to a bowl (reserve pineapple pieces). Add crushed **garlic**, **lime zest**, **juice** from **1/2 lime** (wedge remaining), **1 tbsp sweet chilli sauce** and **1 tbsp fish sauce**. Whisk to combine.



2. COAT & COOK THE PRAWNS

Crack **egg** into a bowl and whisk. Season **prawns** with **salt and pepper**, and spread **panko coconut mix** on a plate. Dip **prawns** in **egg** then press into **panko mix** to evenly coat. Transfer to a lined oven tray as you go. Spray with **oil** (see notes) and bake for 10–12 minutes until **prawns** are golden and cooked through.



3. COOK THE NOODLES

Bring a saucepan of water to the boil. Add **noodles** to boiling water and cook for 2–3 minutes or until tender. Drain and rinse in cold water.



4. PREPARE THE SALAD

Dice **shallot** and **avocado**, and crescent **cucumber**. Add to a large bowl along with **oriental slaw**.



5. TOSS THE SALAD

Add drained **noodles** and **1/3 cup sauce** to the **salad**. Toss until well combined.



6. FINISH AND SERVE

Divide **noodle salad** among plates. Add the **prawns**, garnish with **Thai basil leaves** and serve with remaining **sauce** to dip **prawns** in to.

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