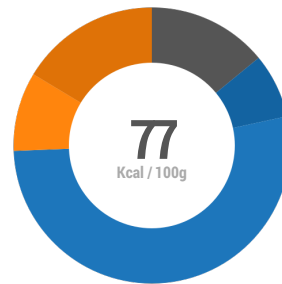


Thai-Talian Risotto

By Philip Fogarty

Overview ...

U / 2980274



WEIGHT:

60.3% Carbs

14% Protein

25.6% Fat

Food Labelling...

EU Label values per 100g

Serves **2**

	PER 100G	%RI	PER 912G SERVING	%RI
Energy(Kj)	335 kJ	4%	3052 kJ	36%
Energy(Kcal)	79 kcal	4%	725 kcal	36%
Fat	2.2 g	3%	20 g	29%
<i>of which saturates</i>	1.4 g	7%	13 g	65%
Carbohydrate	12 g	5%	106 g	41%
<i>of which sugars</i>	1.5 g	2%	13 g	14%
Fibre	0.9 g	4%	8.3 g	33%
Protein	2.7 g	5%	25 g	50%
Salt	0.14 g	2%	1.3 g	22%

CONTAINS:

WHEAT
 CELERY
 CRUSTACEANS

MAY CONTAIN:

SOYA

Nutrient Breakdown per 100g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 4% RI	Saturated Fat 7% RI	Vitamin A (ret eq) 14% RI
Energy(Kj) 4% RI	Monounsaturated fat 2% RI	Retinol
77kcal	<i>cis-Mono</i>	Carotene
325kJ	Polyunsaturated fat 2% RI	Vitamin D 3% RI
Macronutrients	Omega3(n-3) 16% RI	Vitamin E 2% RI
Carbohydrate 4% RI	Omega6(n-6) 2% RI	Vitamin K ₁ 6% RI
Protein 5% RI	<i>cis-Poly</i>	Thiamin (B ₁) 7% RI
Fat 3% RI	Trans-fatty acids	Thiamin (B ₁) 7% RI
Fat 3% RI	Cholesterol	Riboflavin (B ₂) 1% RI
Water	Minerals & trace elements	Riboflavin (B ₂) 1% RI
Water from Drinks	Sodium 2% RI	Niacin total (B ₃) 7% RI
Alcohol (0% ABV)	Potassium 6% RI	Niacin
0g	Chloride 11% RI	Tryptophan
0g	Calcium 3% RI	Pantothenic Acid (B ₅) 2% RI
0g	Phosphorus 6% RI	Vitamin B ₆ 7% RI
Carbohydrate	Magnesium 3% RI	Folates (B ₉) Total 6% RI
Starch	Iron 3% RI	Vitamin B ₁₂ 3% RI
Oligosaccharide	Zinc 4% RI	Vitamin B ₁₂ 3% RI
Fibre 4% RI	Copper 10% RI	Biotin (B ₇) 1% RI
Fibre 4% RI	Manganese 11% RI	Vitamin C 11% RI
NSP	Selenium 8% RI	Other
NSP	Iodine 2% RI	GI (estimated)
Sugars 2% RI		GL
Sugars 2% RI		
Glucose		
Galactose		
Fructose		
Sucrose		
Maltose		
Lactose		

Recipe Ingredients ...	Quantity:	Description:
Prawns, king, raw	120g	
Peppers, capsicum, chilli, red, raw	10g	0.5x average pepper
Garlic, raw	3g	1x Average Portion
Ginger, fresh	5g	1x Average Portion
Avocado, oil	4.6g	1x teaspoon
Onions, red, raw	70g	0.6x small onion
Tesco Chestnut Baby Button Mushrooms 150G	60g	0.4x Pack
Courgette, raw	80g	1x Medium portion / NHS Serving
Cabbage, Chinese, raw	50g	1x Small portion
Coconut milk, canned	100g	0.3x average can
Basil, fresh	2g	0.8x 5 leaves
Coriander, fresh, raw	2g	0.5x Average Portion
Maldon Sea Salt	1g	1x 1g
Schwartz Black Pepper Ground 33g	2g	
Thai Stock	1000g	0.7x Recipe Total
Arborio risotto rice, raw	200g	2x Half cup
Spring onions, bulbs and tops, raw	30g	3x average
Thai Crostini	55g	1x Recipe Total
Stir-Fry Cubes -Thai	30g	0.5x Recipe Total

Portions / Pack Sizes ...	Quantity:	Kcal:	Sale Price
<i>1 serving</i>	912g	720	N/A

Cooking Instructions & Notes

- 1.) Marinate King prawns with garlic, chilli, ginger & avocado oil and return to the fridge.
- 2.) Make Thai Stock, chop a carrot, chilli, lemon, onion, ginger, turmeric powder, thai green curry paste lemongrass and garlic. Put in a pot with 1ltr of hot water and boil for 20 minutes.
- 3.) Make Stir-Fry, chop scallions, red onion, chestnut mushrooms, bok choy, and courgette.
- 4.) Heat up your pan, add 2x Thai Stir-Fry cubes, when melted add prepped stir-fry veg. Saute for 3 minutes and then add marinated prawns. When just cooked empty onto a plate and leave to the side.
- 5.) Drain stock and leave to the side.
- 6.) Make Thai-Crostini, coat bread with garlic, ginger, lemongrass & olive oil, put on a tray and roast in the oven for 10 minutes @ 150c .
- 7.)On a medium heat add coconut oil to frying pan, when melted add arborio rice and saute for 2 minutes. Then

turn up heat and start to gradually add the thai stock. As the stock is absorbed into the rice add more stock. When rice is softened to your desired consistency (*taste it*) add Coconut milk and cook for a further minute.

8.) Add Prawn Stir-Fry, diced basil and coriander to the rice and cook for a further 5 minutes.

9.) Serve in a plate or bowl with Thai-Crostini or transfer to meal prep container for storage.