



Thai fried prawn & pineapple rice



Prep: 10 mins
Cook: 15 mins



Easy



Serves 4



Ingredients

2 tsp sunflower oil

bunch spring onions , greens and whites
separated, both sliced

1 green pepper , deseeded and chopped into
small chunks

140g pineapple , chopped into bite-sized
chunks

3 tbsp Thai green curry paste

4 tsp light soy sauce , plus extra to serve

300g cooked basmati rice (brown, white or a
mix - about 140g uncooked rice)

2 large eggs , beaten

140g frozen peas

225g can bamboo shoots , drained

250g frozen prawns , cooked or raw

2-3 limes , 1 juiced, the rest cut into wedges to
serve

handful coriander leaves (optional)

Method

Step 1 Heat the oil in a wok or non-stick frying pan and fry the spring onion whites for 2 mins until softened. Stir in the pepper for 1 min, followed by the pineapple for 1 min more, then stir in the green curry paste and soy sauce.

Step 2 Add the rice, stir-frying until piping hot, then push the rice to one side of the pan and scramble the eggs on the other side. Stir the peas, bamboo shoots and prawns into the rice and eggs, then heat through for 2 mins until the prawns are hot and the peas tender. Finally, stir in the spring onion greens, lime juice and coriander, if using. Spoon into bowls and serve with extra lime wedges and soy sauce.