



KUMAR'S

酷玛红咖喱面配大虾、小白菜和九层塔

RED CURRY NOODLES WITH PRAWNS, CHINESE PAK CHOI AND THAI BASIL



原材料

- 75克带壳大虾
- 100克生面
- 25克红咖喱酱
- 25毫升高汤
- 25克油
- 5克酱油
- 75克豆芽
- 50克小白菜切成小块
- 25克红辣椒丝
- 15克红葱切末
- 5克蒜末
- 1/4个青柠
- 5克红辣椒切碎
- 5克九层塔切碎

烹饪方法

- 将红咖喱酱和高汤混合。将面放入加了盐的沸水中煮3分钟。将面条沥干，加入一些鸡精，一勺酱油和一茶匙油，混合均匀。锅中放油，快速炒葱头和蒜末，加入大虾和蔬菜什锦，大火翻炒30秒，再加入面条和调味酱，充分搅拌。出锅加入豆芽和九层塔。
- 装盘时用辣椒丝和青柠片装饰。



INGREDIENTS

- 100g uncooked noodles
- 75g fresh prawns
- 25g red curry paste
- 25ml chicken stock
- 25g oil
- 5g soy sauce
- 75g bean spouts
- 50g chinese pak choi cut into small pieces
- 25g julienne red pepper
- 15g chopped shallot
- 5g chopped garlic
- 1/4 lime
- 5g chopped red chilli
- 5g chopped Thai basil

PREPARATION

- Mix together the red curry paste with the chicken stock.
- Pre-cook the noodles in plenty of salted boiling water for 3 minutes.
- Drain well, add a little chicken stock, soy sauce and oil. Mix well.
- Pan-fry the shallot and garlic in the oil for 1 minute. Add the prawns and the vegetables. Stir-fry it for another 30 seconds, and add the noodles and the red curry mixture, mix well, add the bean sprouts and basil at the last minute.
- Garnish with chilli pepper and lime.

