



toughened non-stick

Thai Seafood and Lemongrass Rice

30cm Stir-Fry Pan



Thai Seafood and Lemongrass Rice

Serves 3-4

With its deep, wide shape and excellent non-stick surface the stir-fry pan is excellent for rice dishes. The recipe itself is based on typical Thai “street fast-food” and for additional speed in your kitchen a number of the ingredients are ready prepared, such as the lemon grass.

Ingredients

1 tablespoon of vegetable oil
2 shallots, finely chopped
1 red capsicum, de-seeded and chopped into small pieces
1 level teaspoon creamed garlic
1 level teaspoon prepared lemon grass in oil
½ teaspoon chilli flakes
225g (1 ¼ cups) easy cook long grain rice
625ml (2 ½ cups) hot fish stock made from a cube
2 level teaspoons of dried coriander leaf
2 kaffir lime leaves (See Cook’s note 1)
60g (1/2 cup) frozen peas
350g frozen mixed seafood, thawed (See Cook’s note 2)
60g block creamed coconut
Salt
Freshly ground black pepper

Method

1. Heat the oil in the stir-fry pan over a medium setting. Add the shallots and capsicum and stir-fry for a few moments, without colouring. Stir in the creamed garlic, lemon grass, chilli flakes and rice.
2. Gradually add the hot stock, coriander, kaffir lime leaves, frozen peas and some salt and pepper. Simmer gently for 8 minutes then stir in the seafood. Continue cooking for a further 8 – 10 minutes, until all the liquid is absorbed.
3. Crumble the block of creamed coconut into 4 tablespoons of very hot water and stir this into the rice during the last few minutes of cooking. Taste and adjust the seasoning and serve immediately.

Cook's notes

1. If kaffir lime leaves are not available, 2 table spoons of lime juice or zest can be used instead.
2. If preferred the recipe can be made with raw tiger prawns instead of the mixed seafood.



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