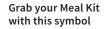


Creamy Prawn Curry & Rice with Yoghurt & Onion Chutney

FAST & FANCY











Baby Broccoli

Flaked Almonds



Peeled Prawns

Brown Mustard Seeds





Mild Curry

Mumbai Spice Blend





Paste

Cream

Baby Spinach

Greek-Style



Microwavable Basmati

Yoghurt



Onion Chutney





Prep in: 15-25 mins Ready in: 20-30 mins

A seafood curry already sounds indulgent, what if we told you it's also easy to make. The Mumbai curry sauce adds so much flavour to the prawns and toasted almonds add a nutty crunch that's always welcomed. To bring in a special element to tonight's deluxe curry, we've added both onion chutney and yoghurt.

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
flaked almonds	1 packet	2 packets
baby broccoli	1 bag	1 bag
peeled prawns	1 packet	2 packets
brown mustard seeds	1 sachet	1 sachet
Mumbai spice blend	1 sachet	2 sachets
mild curry paste	1 medium packet	1 large packet
cream	½ packet (125ml)	1 packet (250ml)
baby spinach leaves	1 small bag	1 medium bag
microwavable basmati rice	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
onion chutney	1 medium packet	1 large packet
coriander	1 bag	1 bag

*Pantry Items

Nutrition

vg Qty	Per Serving	Per 100g	
nergy (kJ)	2845kJ (680Cal)	548kJ (131Cal)	
rotein (g)	29.2g	5.6g	
at, total (g)	37.2g	7.2g	
saturated (g)	17.8g	3.4g	
arbohydrate (g)	66.7g	12.9g	
sugars (g)	18.9g	3.6g	
odium (mg)	1386mg	267mg	
rotein (g) at, total (g) saturated (g) arbohydrate (g) sugars (g)	29.2g 37.2g 17.8g 66.7g 18.9g	5.6g 7.2g 3.4g 12.9g 3.6g	.)

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Fancy a drop?

We recommend pairing this meal with Sauvignon Blanc or Pinot Grigio



Get prepped

- Heat a large frying pan over medium-high heat. Toast flaked almonds, tossing, until golden, 2-3 minutes. Transfer to a small bowl.
- Meanwhile, halve thick stalks of **baby broccoli** lengthways.



Start the curry

- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **baby broccoli**, tossing occasionally, until tender, **3-4 minutes**.
- Add **peeled prawns**, tossing, until pink and starting to curl up, **2-3 minutes**.
- Add brown mustard seeds and Mumbai spice blend, and cook until fragrant, 1-2 minutes.



Finish the curry & rice

- Reduce heat to medium, then add mild curry paste, cream (see ingredients), baby spinach leaves and a splash of water. Stir to combine and simmer until slightly reduced, 1-2 minutes. Season with salt and pepper.
- Meanwhile, heat microwavable basmati rice in microwave until steaming,
 2-3 minutes.



Serve up

- Divide microwavable rice between bowls. Top with creamy prawn curry.
- Dollop with Greek-style yoghurt and onion chutney.
- Garnish with toasted almonds. Tear over **coriander** to serve. Enjoy!



Scan here if you have any questions or concerns

