



Indian Prawn & Roast Veggie Curry

with Garlic Rice

TAKEAWAY FAVES

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Carrot



Parsnip



Potato



Curry Powder



Garlic



Basmati Rice



Peeled Prawns



Mild Curry Paste



Tamarind Paste



Chicken-Style Stock Powder



Coconut Milk



Peeled Prawns

Prep in: 25-35 mins
Ready in: 30-40 mins

Dive in the deep end of flavour with a prawn curry that will leave you feeling refreshed and satisfied. The rich tamarind and curry aromas fill up the bowl and a fluffy garlic rice finishes it off. Your tastebuds will be leaping with joy.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Brown Sugar

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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
potato	1	2
curry powder	1 sachet	2 sachets
garlic	3 cloves	6 cloves
butter* (for the rice)	20g	40g
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 cups
peeled prawns	1 packet	2 packets
mild curry paste	½ medium packet	1 medium packet
tamarind paste	½ medium packet	1 medium packet
chicken-style stock powder	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
butter* (for the curry)	20g	40g
water* (for the curry)	½ cup	1 cup
brown sugar*	1 tbs	2 tbs
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2939kJ (702Cal)	561kJ (134Cal)
Protein (g)	25.2g	4.8g
Fat, total (g)	35.9g	6.9g
- saturated (g)	25.8g	4.9g
Carbohydrate (g)	99g	18.9g
- sugars (g)	22.4g	4.3g
Sodium (mg)	1536mg	293mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3289kJ (786Cal)	527kJ (126Cal)
Protein (g)	38.9g	6.2g
Fat, total (g)	36.4g	5.8g
- saturated (g)	25.9g	4.2g
Carbohydrate (g)	100g	16g
- sugars (g)	23.4g	3.8g
Sodium (mg)	2188mg	351mg

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW10



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot, parsnip** and **potato** into bite-sized chunks.
- Place **veggies** on a lined tray, sprinkle over **curry powder** and drizzle with **olive oil**. Season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

4



Make the curry sauce

- Wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Add **mild curry paste** (see ingredients) and remaining **garlic**, and cook until fragrant, **1 minute**.
- Add **tamarind paste** (see ingredients), **chicken-style stock powder**, **coconut milk**, the **butter (for the curry)**, **water (for the curry)** and **brown sugar**. Cook, stirring, until reduced, **2-3 minutes**.

2



Cook the garlic rice

- Meanwhile, finely chop **garlic**.
- In a medium saucepan, heat the **butter (for the rice)** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid. Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

5



Finish the curry

- Add cooked **prawns** and **roasted veggies** to the curry and stir to combine.

3



Cook the prawns

- When the rice has **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **peeled prawns**, tossing, until pink and starting to curl up, **3-4 minutes**. Transfer to a plate.

Custom Recipe: If you've doubled your peeled prawns, cook in batches for best results.

6



Serve up

- Divide garlic rice between bowls.
- Top with Indian prawn and roast veggie curry. Enjoy!

Rate your recipe

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