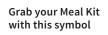


# Indian Prawn & Roast Veggie Curry

with Garlic Rice

TAKEAWAY FAVES

CLIMATE SUPERSTAR















Curry Powder

Potato







Peeled Prawns







Chicken-Style

Stock Powder

**Tamarind Paste** 



Coconut Milk





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.

**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*<br>(for the rice)     | 20g             | 40g              |
| basmati rice                  | 1 medium packet | 1 large packet   |
| water*<br>(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<br>stock powder | 1 medium sachet | 1 large sachet   |
| coconut milk                  | 1 medium packet | 2 medium packets |
| butter*<br>(for the curry)    | 20g             | 40g              |
| water*<br>(for the curry)     | ½ cup           | 1 cup            |
| brown sugar*                  | 1 tbs           | 2 tbs            |
| peeled prawns**               | 1 packet        | 2 packets        |
|                               |                 |                  |

<sup>\*</sup>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)      | <b>3289kJ</b> (786Cal) | <b>527kJ</b> (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** 

2024 | CW10

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.

#### We're here to help!

Scan here if you have any questions or concerns





# 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.



# 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!



### 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.



#### 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.



## Finish the curry

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



#### Serve up

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

#### Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate