



# Indian Prawn & Roast Veggie Curry

with Garlic Rice

FEEL-GOOD TAKEAWAY

Grab your Meal Kit with this symbol



Carrot



Parsnip



Potato



Curry Powder



Garlic



Jasmine Rice



Peeled Prawns



Mild Curry Paste



Tamarind Paste



Chicken-Style Stock Powder



Coconut Milk



Coriander



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 hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

**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
<b>olive oil*</b>	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
<b>butter*</b> (for the rice)	20g	40g
jasmine rice	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1¼ cups	2½ cups
peeled prawns	1 packet	2 packets
mild curry paste	½ medium packet	1 medium packet
tamarind paste	1 medium packet	1 medium packet
chicken-style stock powder	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
<b>butter*</b> (for the curry)	20g	40g
<b>water*</b> (for the curry)	½ cup	1 cup
<b>brown sugar*</b>	1 tbs	2 tbs
coriander	1 packet	1 packet
peeled prawns**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3062kJ (732Cal)	532kJ (127Cal)
Protein (g)	26.2g	4.5g
Fat, total (g)	36.9g	6.4g
- saturated (g)	25.8g	4.5g
Carbohydrate (g)	104.1g	18.1g
- sugars (g)	24.9g	4.3g
Sodium (mg)	1546mg	268mg
Dietary Fibre (g)	14.4g	2.5g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3412kJ (815Cal)	505kJ (121Cal)
Protein (g)	39.9g	5.9g
Fat, total (g)	37.4g	5.5g
- saturated (g)	25.9g	3.8g
Carbohydrate (g)	105.1g	15.5g
- sugars (g)	25.9g	3.8g
Sodium (mg)	2198mg	325mg
Dietary fibre	15.4g	2.3g

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



## 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**.



## Make the curry sauce

- Wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **mild curry paste** (see ingredients) and remaining **garlic**, until fragrant, **1 minute**.
- Add **tamarind paste, 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**.



## 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 **jasmine 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 **12 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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



## Finish the curry

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



## 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 **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**. Transfer to a plate.

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



## Serve up

- Divide garlic rice between bowls.
- Top with Indian prawn and roast veggie curry. Tear over **coriander** to garnish. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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