

Crumbed Prawn Patties & Veggie Katsu Curry

with Rice & Spring Onion

SKILL UP

NEW

Grab your meal kit
with this number

41



Jasmine Rice



Potato



Carrot



Spring Onion



Garlic



Peeled Prawns



Panko Breadcrumbs



Katsu Paste



Coconut Milk



Baby
Leaves




Chicken Breast



Peeled & Diced
Pumpkin

Prep in: 25-35 mins
Ready in: 35-45 mins

 Calorie Smart

Time to unleash your inner chef! Use the food processor to create moreish and flavourful prawn patties that get a deliciously crisp golden crumb. Paired with a comforting Japanese-style curry studded with veggies, we will guide you through whipping up this restaurant-style meal at home.

Pantry items

Olive Oil, Plain Flour, Egg, Brown Sugar, Soy Sauce

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Medium saucepan with a lid · Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
potato	1	2
carrot	1	2
spring onion	1 stem	2 stems
garlic	1 clove	2 cloves
peeled prawns	1 packet	2 packets
plain flour*	¼ cup	½ cup
salt*	¼ tsp	½ tsp
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
katsu paste	1 medium packet	1 large packet
coconut milk	1 medium packet	1 medium packet
water* (for the curry)	½ cup	¾ cup
brown sugar*	1 tsp	2 tsp
soy sauce*	1 tsp	2 tsp
baby leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2064kJ (493Cal)	401kJ (95Cal)
Protein (g)	25.1g	4.9g
Fat, total (g)	23.1g	4.5g
- saturated (g)	15.5g	3g
Carbohydrate (g)	70.9g	13.8g
- sugars (g)	16.6g	3.2g
Sodium (mg)	1304mg	253mg
Dietary Fibre (g)	8.3g	1.6g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



Cook the rice

- 1 Add the **water (for the rice)** to a medium saucepan and bring to the boil.
- 2 Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- 3 Cook for **12 minutes**, then remove the pan from heat and keep covered until rice is tender and all the water is absorbed, **12 minutes**.

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



Cook the curry

- 1 Heat a large saucepan over medium-high heat.
- 2 Add **katsu paste**, **coconut milk**, the **water (for the curry)**, **brown sugar** and **soy sauce** and cook, stirring, until combined, **1-2 minutes**.
- 3 Add microwaved **veggies** and cover with a lid. Reduce heat to medium-low and simmer until veggies are tender, **8-12 minutes**.
- 4 Remove from heat and add **baby leaves**, stirring until wilted and combined. Season with **pepper**.



Get prepped

- 1 Meanwhile, cut **potato** and **carrot** into bite-sized chunks. Thinly slice **spring onion**. Finely chop **garlic**.
- 2 Spread **potato** and **carrot** over a large microwave-safe plate. Cover with a damp paper towel. Microwave on high, **4 minutes**. Set aside.



Fry the prawn patties

- 1 While curry is simmering, heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- 2 Cook **crumbed prawn patties**, in batches until golden and cooked through, **2-4 minutes** each side. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed between batches so the patties do not stick to the pan.



Make the prawn patties

- 1 Place **peeled prawns**, **garlic**, half the **plain flour** and a pinch of **pepper** in a food processor and pulse until the mixture resembles a chunky paste.
- 2 Using damp hands, shape **prawn mixture** into 2cm-thick patties (2 per person).
- 3 In a shallow bowl, combine the remaining **plain flour** and **salt**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place **panko breadcrumbs**.
- 4 Gently dip **prawn patties** into **flour mixture** to coat, followed by the **egg**, and finally in **breadcrumbs**. Set aside on a plate.

TIP: If you don't have a food processor, use a blender or stick blender instead.



Serve up

- 1 Divide rice and veggie katsu curry between bowls.
- 2 Top with crumbed prawn patties. Sprinkle with spring onion to serve. Enjoy!

CUSTOM OPTIONS



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



ADD PEELED & DICED PUMPKIN

Preheat oven to 220°C/200°C fan-forced. Toss with olive oil and salt. Roast until tender, 20-25 minutes. Stir through before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

