

# Creamy Prawn & Baby Broccoli Curry

with Instant Rice & Onion Chutney

FAST & FANCY

Grab your meal kit with this number

15



Flaked Almonds



Baby Broccoli



Peeled Prawns



Brown Mustard Seeds



Mumbai Spice Blend



Mild Curry Paste



Cream



Baby Leaves



Microwavable Basmati Rice



Greek-Style Yoghurt



Onion Chutney



Coriander

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

 Protein Rich

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 welcome. To bring a special element to tonight's deluxe curry, we've added both onion chutney and yoghurt for customisable flavour.

### Pantry items

Olive Oil

## 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
flaked almonds	1 packet	2 packets
baby broccoli	½ medium packet	1 medium packet
peeled prawns	1 packet	2 packets
brown mustard seeds	1 medium sachet	1 large sachet
Mumbai spice blend	1 sachet	2 sachets
mild curry paste	1 medium packet	1 large packet
cream	½ packet	1 packet
baby leaves	1 small packet	1 medium packet
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 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3025kJ (722Cal)	539kJ (128Cal)
Protein (g)	31.9g	5.7g
Fat, total (g)	39.6g	7.1g
- saturated (g)	17g	3g
Carbohydrate (g)	66.1g	11.8g
- sugars (g)	20.7g	3.7g
Sodium (mg)	1321mg	236mg
Dietary Fibre (g)	11.2g	2g

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.

1



## 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 any thicker stalks of **baby broccoli** (see ingredients) lengthways.

3



## Finish the curry & cook the rice

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

2



## 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**.

4



## Finish & serve

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

## We're here to help!

Scan here if you have any questions or concerns



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