



Prawn Masala Curry & Cheesy Flatbreads

with Peanut Rice, Tamarind Chutney & Cucumber Yoghurt

TASTE TOURS

Grab your Meal Kit with this symbol



Garlic Paste



Basmati Rice



Cucumber



Greek-Style Yoghurt



Flatbread



Cheddar Cheese



Mild North Indian Spice Blend



Prawns



Mumbai Spice Blend



Tomato Paste



Light Cooking Cream



Baby Spinach Leaves



Crushed Peanuts



Coriander



Tamarind Chutney

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

Eat Me First

All hail this prawn masala! Bursting with spicy and fragrant flavours, this prawn masala is best consumed when scooped up and dunked. To accommodate for this, we've whipped up a Hellofresh take on the traditional 'roti', which you'll be thanking us later for once the cheesy flatbread goodness hits your plate.

Pantry items

Olive Oil, Butter

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

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

Ingredients

| | 2 People | 4 People |
|----------------------------------|--------------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| butter* | 20g | 40g |
| garlic paste | 1 packet | 2 packets |
| basmati rice | 1 medium packet | 1 large packet |
| water* (for the rice) | 1½ cups | 3 cups |
| cucumber | 1 | 2 |
| Greek-style yoghurt | 1 medium packet | 1 large packet |
| flatbread | 4 | 8 |
| Cheddar cheese | 1 medium packet | 1 large packet |
| mild North Indian spice blend | 1 medium sachet | 1 large sachet |
| prawns | 1 packet (200g) | 2 packets (400g) |
| Mumbai spice blend | 1 medium sachet | 2 medium sachets OR 1 large sachet |
| tomato paste | 1 packet | 1 packet |
| light cooking cream | 1 medium packet | 1 large packet |
| water* (for the curry) | ¼ cup | ½ cup |
| baby spinach leaves | 1 medium bag | 1 large bag |
| crushed peanuts | 1 medium packet | 1 large packet |
| coriander | 1 bag | 1 bag |
| tamarind chutney | 1 packet | 2 packets |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 4582kJ (1095Cal) | 794kJ (190Cal) |
| Protein (g) | 39.8g | 6.9g |
| Fat, total (g) | 43.3g | 7.5g |
| - saturated (g) | 20.8g | 3.6g |
| Carbohydrate (g) | 128.1g | 22.2g |
| - sugars (g) | 28.4g | 4.9g |
| Sodium (mg) | 2246mg | 389mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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



Cook the rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic paste** 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 the rice is tender and the water is absorbed, **10 minutes**.

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



Cook the prawns

- Meanwhile, in a medium bowl, combine **mild North Indian spice blend** and a drizzle of **olive oil**. Add **prawns**, then toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **prawns**, tossing, until pink and starting to curl up, **3-4 minutes**. Transfer to a bowl.



Make the cucumber yoghurt

- Meanwhile, preheat grill.
- Finely chop **cucumber**.
- In a small bowl, combine **Greek-style yoghurt** and **cucumber**. Season to taste.



Make the curry

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **Mumbai spice blend**, **tomato paste** and remaining **garlic paste** until fragrant, **1 minute**.
- Stir in **light cooking cream** and the **water (for the curry)** and cook until slightly thickened, **1-2 minutes**.
- Add **prawns** and **baby spinach leaves**, tossing, until wilted and combined. Season to taste.
- Meanwhile, to the saucepan with rice, stir through **crushed peanuts** until combined.



Grill the flatbreads

- Place **flatbreads** on a lined oven tray. Drizzle with **olive oil**.
- Sprinkle over **Cheddar cheese** and grill, until cheese is melted and golden, **8-10 minutes**.



Serve up

- Tear **coriander** over rice and curry.
- Bring everything to the table. Serve peanut rice with prawn masala curry, cheesy flatbreads and cucumber yoghurt.
- Top with a dollop of **tamarind chutney** to serve. Enjoy!

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