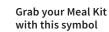


# Prawn Masala Curry & Cheesy Flatbreads with Peanut Rice, Tamarind Chutney & Cucumber Yoghurt

TASTE TOURS











Cucumber

Greek-Style Yoghurt







Flatbread

Cheddar Cheese





Indian Spice Blend







Mumbai Spice

Tomato Paste





**Light Cooking Baby Spinach** 





Crushed Peanuts

Coriander



**Tamarind Chutney** 

**Pantry items** 

Olive Oil, Butter

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 accomodate 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.

### 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  $\cdot$  Oven tray lined with baking paper  $\cdot$  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)	1/4 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
<b>4</b>		

#### \*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.



#### 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!



# Make the cucumber yoghurt

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



## 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.



## 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 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.



## 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!



Scan here if you have any questions or concerns





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