



Mumbai-Spiced Prawn & Veggie Curry

with Rice & Peanuts

Grab your Meal Kit with this symbol



Jasmine Rice



Prawns



Broccoli & Carrot Mix



Mumbai Spice Blend



Tomato Paste



Garlic Paste



Coconut Milk



Vegetable Stock Powder



Crushed Peanuts



Coriander



Prawns

Prep in: **15-25 mins**
Ready in: **15-25 mins**



Calorie Smart*
**Custom recipe is not Calorie Smart*



Eat Me First

With a 'just right' ratio of creaminess to acidity, this plump prawn curry is a real crowd-pleaser. The fluffy rice is perfect for soaking up the coconutty sauce, and the crushed peanut garnish adds a subtle nutty flavour and extra texture.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2 ½ cups
jasmine rice	1 medium packet	1 large packet
prawns	1 packet (200g)	2 packets (400g)
broccoli & carrot mix	1 medium bag	1 large bag
Mumbai spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
garlic paste	1 packet	2 packets
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
crushed peanuts	1 medium packet	1 large packet
coriander	1 bag	1 bag
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2604kJ (622Cal)	657kJ (157Cal)
Protein (g)	26.1g	6.6g
Fat, total (g)	23.2g	5.9g
- saturated (g)	15.6g	3.9g
Carbohydrate (g)	74.1g	18.7g
- sugars (g)	9.8g	2.5g
Sodium (mg)	1715mg	433mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2885kJ (690Cal)	581kJ (139Cal)
Protein (g)	40.1g	8.1g
Fat, total (g)	24.2g	4.9g
- saturated (g)	15.8g	3.2g
Carbohydrate (g)	74.1g	14.9g
- sugars (g)	9.8g	2g
Sodium (mg)	2373mg	478mg

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



1



Cook the rice

- Add the **water** to a medium saucepan and bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- 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!

3



Make the curry

- Return frying pan to high heat with a drizzle of **olive oil**. Cook **broccoli & carrot mix**, tossing, until softened, **5-6 minutes**.
- Reduce heat to medium and add **Mumbai spice blend**, **tomato paste** and **garlic paste**. Cook until fragrant, **1 minute**.
- Stir in **coconut milk** and **vegetable stock powder** and cook, stirring, until sauce is slightly thickened, **1-2 minutes**.
- Remove from heat and stir through cooked **prawns**. Season to taste.

2



Cook the prawns

- Meanwhile, 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.

Custom Recipe: If you've doubled your prawns, cook as above, for 5-6 minutes.

4



Serve up

- Divide rice between bowls. Top with Mumbai-spiced prawn and veggie curry.
- Sprinkle with **crushed peanuts** and tear over **coriander** to serve. Enjoy!

Rate your recipe

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