





Creamy Indian Prawn Curry & Tamarind Chutney

with Spinach, Rice & Garlic Tortillas

FAST & FANCY

Grab your Meal Kit with this symbol




-  Mild North Indian Spice Blend
-  Peeled Prawns
-  Trimmed Green Beans
-  Tomato Paste
-  Mild Curry Paste
-  Garlic Paste
-  Light Cooking Cream
-  Baby Spinach Leaves
-  Microwavable Basmati Rice
-  Mini Flour Tortillas
-  Tamarind Chutney
-  Greek-Style Yoghurt
-  Crushed Peanuts

Recipe Update

We've replaced the flatbreads in this recipe with mini flour tortillas due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

 Eat Me First

This fun, fresh and fast meal is nothing short of fancy. In four easy steps, whip up this creamy Indian curry, with North Indian spiced prawns ready to soak up the fluffy basmati rice. All that's left is to get to dunking the garlic tortillas into this delicious bowl.

Pantry items

Olive Oil, Brown Sugar, 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

Two large frying pans

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
mild North Indian spice blend	1 medium sachet	1 large sachet
peeled prawns	1 packet (200g)	2 packets (400g)
trimmed green beans	1 bag	1 bag
tomato paste	1 medium packet	1 large packet
mild curry paste	1 medium packet	2 medium packets OR 1 large packet
garlic paste	1 packet	2 packets
light cooking cream	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
water*	½ cup	¾ cup
baby spinach leaves	1 medium bag	1 large bag
microwavable basmati rice	1 packet	2 packets
butter*	20g	40g
mini flour tortillas	6	12
tamarind chutney	1 medium packet	2 medium packets
Greek-style yoghurt	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4128kJ (987Cal)	656kJ (157Cal)
Protein (g)	35.7g	5.7g
Fat, total (g)	40.3g	6.4g
- saturated (g)	17.2g	2.7g
Carbohydrate (g)	116.8g	18.6g
- sugars (g)	32.7g	5.2g
Sodium (mg)	2612mg	415mg

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 prawns

- In a medium bowl, combine **mild North Indian spice blend** and a drizzle of **olive oil**. Add **peeled prawns** and 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.

3



Make the garlic tortillas

- While green beans are cooking, microwave **basmati rice** until steaming, **2-3 minutes**.
- In a small heatproof bowl, microwave the **butter** and remaining **garlic paste** in **10 second** bursts, until melted and fragrant.
- Brush **garlic butter** over **mini flour tortillas**. Season.
- Heat a second large frying pan over medium-high heat. Cook a **tortilla** until golden, **1 minute** each side. Transfer to a paper towel-lined plate. Repeat with remaining **tortillas**.

2



Make the curry

- Wipe out pan and return to medium-high heat with a drizzle of **olive oil**. Cook **trimmed green beans**, tossing, until tender, **4-5 minutes**.
- Add **tomato paste**, **mild curry paste** and half the **garlic paste** and cook until fragrant, **1 minute**.
- Stir in **light cooking cream**, the **brown sugar** and the **water**, until thickened, **2-3 minutes**.
- Stir in **baby spinach leaves** and cooked **prawns** until wilted and combined.

4



Serve up

- Divide **rice** and creamy Indian prawn curry between bowls.
- Top with **tamarind chutney**, a dollop of **Greek-style yoghurt** and **crushed peanuts**.
- Serve with garlic tortillas. Enjoy!

Rate your recipe

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Let them know what you thought: hellofresh.com.au/rate