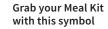


# Creamy Indian Prawn Curry & Tamarind Chutney

with Spinach, Rice & Garlic Tortillas

FAST & FANCY









Indian Spice Blend

Peeled Prawns





Trimmed Green Beans

Tomato Paste





Mild Curry

Garlic Paste







Light Cooking

**Baby Spinach** Leaves





Microwavable Basmati

Mini Flour Tortillas







**Tamarind Chutney** 

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



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

### Ingradients

ingredien	LS	
	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*	⅓ cup	⅔ 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.



Scan here if you have any questions or concerns





# 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.



# 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.



# 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.



#### 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!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

