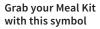


Mumbai Prawn & Coconut Curry

with Crushed Peanuts & Jasmine Rice

GOURMET

CUSTOMER FAVOURITE















Garlic





Baby Broccoli

Tomato



Coriander



Ginger Paste





Mumbai Spice Blend

Tomato Paste





Vegetable Stock Coconut Milk



Tail-On Prawns



Crushed Peanuts



Prep in: 25-35 mins Ready in: 35-45 mins



Eat Me First

Get gourmet with this gorgeous prawn dish, brought together with a creamy coconut sauce and tender veggies, plus a squeeze of lime for the perfect balance of flavours.

Pantry items

Olive Oil, Brown Sugar

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

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
water* (for the rice)	1¼ cups	2½ cups	
jasmine rice	1 medium packet	1 large packet	
red onion	1	2	
garlic	3 cloves	6 cloves	
lime	1/2	1	
tomato	1	2	
baby broccoli	1 bunch	2 bunches	
coriander	1 bag	1 bag	
ginger paste	1 medium packet	1 large packet	
Mumbai spice blend	1 medium sachet	1 large sachet	
tomato paste	1 packet	2 packets	
coconut milk	1 packet	2 packets	
water* (for the curry)	½ cup	1 cup	
vegetable stock pot	2 packets (40g)	4 packets (80g)	
brown sugar*	1 tsp	2 tsp	
tail-on prawns	1 packet (190g)	2 packets (380g)	
long chilli ∮ (optional)	1	2	
crushed peanuts	1 medium packet	1 large packet	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3010kJ (719Cal)	492kJ (118Cal)
Protein (g)	29.9g	4.9g
Fat, total (g)	24.9g	4.1g
- saturated (g)	15.7g	2.6g
Carbohydrate (g)	88.2g	14.4g
- sugars (g)	19.8g	3.2g
Sodium (mg)	2317mg	379mg

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.

Fancy a drop?

We recommend pairing this meal with Sauvignon Blanc or Riesling.





Cook the rice

- To a medium saucepan, add the water (for the rice) and bring to the boil.
- Add jasmine rice. Stir, cover with a lid and reduce heat to low. Cook for 12 minutes, then remove pan from the heat.
- Keep covered until the rice is tender and all the water is absorbed, 10-15 minutes.

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



Get prepped

- While the rice is cooking, thinly slice **red onion**.
- · Finely chop garlic.
- Zest lime to get a good pinch, then slice into wedges.
- Roughly chop tomato.
- Cut baby broccoli into bite-sized pieces.
- · Roughly chop coriander.



Cook the aromatics

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook red onion until slightly softened, 2-3 minutes.
- Add ginger paste, garlic, tomato, Mumbai spice blend and tomato paste and cook until fragrant, 1-2 minutes.



Add the sauce

- Add baby broccoli, coconut milk, the water (for the curry), vegetable stock pot and the brown sugar and bring to the boil.
- Reduce heat to medium and cook, stirring, until the veggies are softened, **5-6 minutes**.



Cook the prawns

- Add **prawns** and simmer, stirring occasionally, until cooked, **4-5 minutes**.
- Add lime zest and a squeeze of lime juice, then season to taste.

TIP: Add more or less lime juice to taste.
TIP: Add a splash more water if the sauce looks too thick!



Serve up

- Thinly slice long chilli (if using).
- Divide jasmine rice between bowls. Top with the Mumbai prawn and coconut curry.
- Garnish with coriander, chilli and crushed peanuts. Serve with any remaining lime wedges. Enjoy!

