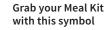


Creamy Prawn Curry & Tamarind Chutney

with Spinach, Instant Rice & Garlic Tortillas

FAST & FANCY









Indian Spice Blend

Peeled Prawns





Trimmed Green Beans

Tomato Paste





Mild Thai **Red Curry Paste**

Garlic Paste





Light Cooking

Baby Spinach Leaves





Basmati Rice

Mini Flour Tortillas





Tamarind Chutney

Recipe Update

availability. It'll be just as delicious, just follow your

We've replaced the flatbreads in this recipe with mini flour tortillas to local ingredient

recipe card!

Yoghurt

Crushed Peanuts



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



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

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	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	2 packets	
trimmed green beans	1 medium packet	1 large packet	
tomato paste	1 medium packet	1 large packet	
mild Thai red curry paste	½ medium packet	1 medium packet	
garlic paste	1 medium packet	2 medium 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 packet	1 large packet	
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)	4114kJ (983Cal)	659kJ (158Cal)
Protein (g)	35g	5.6g
Fat, total (g)	40.2g	6.4g
- saturated (g)	17.6g	2.8g
Carbohydrate (g)	117.7g	18.8g
- sugars (g)	33.7g	5.4g
Sodium (mg)	2580mg	413mg

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 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 tortillas until golden, 1 minute each side.
- Transfer to a paper towel-lined plate. Repeat with remaining tortillas and garlic butter.



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.
- **SPICY!** This is a mild paste, but use less if you're sensitive to heat! Add **tomato** paste, mild Thai red curry paste and half the garlic paste and cook until fragrant, 1 minute.
- Stir in light cooking cream, the brown sugar and water, until thickened, 2-3 minutes.
- Stir in **baby spinach leaves** and cooked **prawns** until wilted and combined.



Serve up

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