



Creamy Prawn Curry & Tamarind Chutney

with Spinach, Rice & Garlic Flatbread

FAST & FANCY

Grab your Meal Kit with this symbol



Mild North Indian Spice Blend



Peeled Prawns



Trimmed Green Beans



Tomato Paste



Mild Thai Red Curry Paste



Garlic Paste



Light Cooking Cream



Baby Spinach Leaves



Microwavable Basmati Rice



Flatbread



Tamarind Chutney



Greek-Style Yoghurt



Crushed Peanuts

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 flatbread 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	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*	½ cup	¾ cup
baby spinach leaves	1 medium packet	1 large packet
microwavable basmati rice	1 packet	2 packets
butter*	20g	40g
flatbread	4	8
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)	4122kJ (985Cal)	660kJ (158Cal)
Protein (g)	35.2g	5.6g
Fat, total (g)	40.2g	6.4g
- saturated (g)	17.6g	2.8g
Carbohydrate (g)	117.6g	18.8g
- sugars (g)	33.4g	5.3g
Sodium (mg)	2152mg	466mg
Dietary Fibre (g)	7.2g	1.6g

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 flatbread

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

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**.
- **SPICY!** This is a mild paste, but use less if you're sensitive to heat! Add **tomato paste**, **mild Thai red curry paste** (see ingredients) 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.

4



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 flatbreads. Enjoy!

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