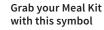


Creamy Prawn Curry & Tamarind Chutney

with Spinach, Rice & Garlic Flatbread

FAST & FANCY









Indian Spice Blend

Peeled Prawns



Trimmed Green Beans

Tomato Paste





Red Curry Paste

Garlic Paste





Light Cooking

Baby Spinach



Microwavable Basmati



Flatbread



Tamarind Chutney

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	
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	
4			

^{*}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





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 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.



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.



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!



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