

# Prawn Masala Curry & Cheesy Tortillas

with Peanut Rice, Tamarind Chutney & Cucumber Yoghurt

TASTE TOURS

Grab your meal kit with this number

16



Garlic Paste



Basmati Rice



Cucumber



Greek-Style Yoghurt



Mini Flour Tortillas



Cheddar Cheese



Mild North Indian Spice Blend



Peeled Prawns



Mumbai Spice Blend



Tomato Paste



Light Cooking Cream



Baby Spinach Leaves



Crushed Peanuts



Coriander



Tamarind Chutney

Prep in: 25-35 mins  
Ready in: 30-40 mins

Eat Me Early

All hail this prawn masala! Bursting with spicy and fragrant flavours, this prawn masala is best consumed when scooped up and dunked. To accommodate for this, we've whipped up a Hellofresh take on the traditional 'roti', which you'll be thanking us later for once the cheesy tortilla goodness hits your plate.

**Pantry items**

Olive Oil, Butter

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>butter*</b>	20g	40g
garlic paste	1 packet	2 packets
basmati rice	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1½ cups	3 cups
cucumber	1	2
Greek-style yoghurt	1 medium packet	1 large packet
mini flour tortillas	6	12
Cheddar cheese	1 medium packet	1 large packet
mild North Indian spice blend	1 medium sachet	1 large sachet
peeled prawns	1 packet	2 packets
Mumbai spice blend	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
light cooking cream	1 medium packet	1 large packet
<b>water*</b> (for the curry)	¼ cup	½ cup
baby spinach leaves	1 medium packet	1 large packet
crushed peanuts	1 medium packet	1 large packet
coriander	1 packet	1 packet
tamarind chutney	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4661kJ (1114Cal)	802kJ (192Cal)
Protein (g)	40.2g	6.9g
Fat, total (g)	45.4g	7.8g
- saturated (g)	23.1g	4g
Carbohydrate (g)	132.2g	22.8g
- sugars (g)	27.6g	4.8g
Sodium (mg)	2227mg	383mg
Dietary Fibre (g)	17.1g	2.9g

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](https://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 rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic paste** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water (for the rice)** and a generous pinch of **salt**. Stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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

4



## Cook the prawns

- Meanwhile, in a medium bowl, combine **mild North Indian spice blend** and a drizzle of **olive oil**. Add **peeled prawns**, then 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.

2



## Make the cucumber yoghurt

- Meanwhile, preheat grill to medium-high.
- Finely chop **cucumber**.
- In a small bowl, combine **Greek-style yoghurt** and **cucumber**. Season to taste.

5



## Make the curry

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **Mumbai spice blend**, **tomato paste** and remaining **garlic paste** until fragrant, **1 minute**.
- Stir in **light cooking cream** and the **water (for the curry)** and cook until slightly thickened, **1-2 minutes**.
- Add **prawns** and **baby spinach leaves**, tossing until wilted and combined. Season to taste.
- Meanwhile, to the saucepan with rice, stir through **crushed peanuts** until combined.

3



## Grill the tortillas

- Place **mini flour tortillas** on a lined oven tray. Drizzle with **olive oil**.
- Sprinkle over **Cheddar cheese** and grill until cheese is melted and golden, **8-10 minutes**.

6



## Serve up

- Bring everything to the table.
- Tear **coriander** over rice and curry.
- Serve peanut rice with prawn masala curry, cheesy tortillas, cucumber yoghurt and **tamarind chutney**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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