



Creamy Coconut & Prawn Sri Lankan Curry

with Cashew Nuts & Jasmine Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Eschalot



Ginger



Garlic



Lime



Tomato



Baby Broccoli



Sri Lankan Spice Blend



Tomato Paste



Coconut Cream



Chicken Stock Pot



Prawns



Coriander



Long Red Chilli (Optional)



Roasted Cashews

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Spicy (optional long red chilli)

Eat me first

Naturally gluten-free
Not suitable for Coeliacs

We're beyond excited to bring you this gorgeous prawn dish with a creamy coconut sauce and crisp veggies, all topped off with cashews and a squeeze of lime.

Pantry items

Olive Oil, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
(for the rice)		
jasmine rice	1 packet	2 packets
eschalot	1	2
ginger	1 knob	2 knobs
garlic	3 cloves	6 cloves
lime	½	1
tomato	2	4
baby broccoli	1 bunch	2 bunches
Sri Lankan spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
coconut cream	1 box	2 boxes
water*	¾ cup	1 ½ cups
(for the curry)		
chicken stock pot	1 tub (40g)	2 tubs (80g)
brown sugar*	1 tsp	2 tsp
prawns	1 packet	2 packets
coriander	1 bag	1 bag
long red chilli (optional)	1	2
roasted cashews	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3252kJ (777Cal)	574kJ (137Cal)
Protein (g)	27.3g	4.8g
Fat, total (g)	36.1g	6.4g
- saturated (g)	25.5g	4.5g
Carbohydrate (g)	81.7g	14.4g
- sugars (g)	12g	2.1g
Sodium (mg)	1996mg	352mg

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

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Cook the rice

Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and 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!



Add the sauce

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



Get prepped

While the rice is cooking, thinly slice the **eschalot**. Finely grate the **ginger** and **garlic**. Zest the **lime** to get a good pinch, then slice into wedges. Roughly chop the **tomato**. Cut the **baby broccoli** into 2cm pieces.



Cook the prawns

Add the **prawns** to the sauce and simmer, stirring occasionally, until cooked, **4-5 minutes**. Add the **lime zest**, a squeeze of **lime juice** and generously season with **salt** and **pepper**.

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



Cook the aromatics

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Add the **eschalot** and cook until slightly softened, **2-3 minutes**. Add the **ginger**, **garlic**, **tomato**, **Sri Lankan spice blend** and **tomato paste** and cook until fragrant, **1-2 minutes**.



Serve up

Roughly chop the **coriander**. Thinly slice the **long red chilli** (if using). Divide the jasmine rice between bowls. Top with the creamy coconut & prawn Sri Lankan curry. Garnish with the coriander, chilli and **roasted cashews**. Serve with any remaining lime wedges.

Enjoy!