



# Mumbai-Spiced Prawn & Veggie Curry

with Garlic Rice & Peanuts

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Carrot



Tomato



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Baby Spinach Leaves



Crushed Peanuts



Coriander



Prawns



Prawns

Prep in: 20-30 mins  
Ready in: 30-40 mins

Calorie Smart

Eat Me First

With a 'just right' ratio of creaminess to acidity, this plump prawn curry is a real crowd-pleaser. The garlic rice is perfect for soaking up the coconutty sauce, and the crushed peanut garnish adds a subtle nutty flavour and extra texture.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter

## 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 a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
<b>butter*</b>	20g	40g
basmati rice	1 medium packet	1 large packet
<b>water*</b>	1½ cups	3 cups
carrot	1	2
tomato	1	2
prawns	1 packet (200g)	2 packets (400g)
Mumbai spice blend	1 medium sachet	1 large sachet
tomato paste	½ packet	1 packet
coconut milk	1 medium tin	2 medium tins
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
crushed peanuts	1 medium packet	1 large packet
coriander	1 bag	1 bag
prawns**	1 packet (200g)	2 packets (400g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2431kJ (581Cal)	522kJ (124Cal)
Protein (g)	25.7g	5.5g
Fat, total (g)	30.1g	6.5g
- saturated (g)	21g	4.5g
Carbohydrate (g)	76.1g	16.3g
- sugars (g)	12.4g	2.7g
Sodium (mg)	1720mg	369mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2712kJ (648Cal)	479kJ (114Cal)
Protein (g)	39.6g	7g
Fat, total (g)	30.6g	5.4g
- saturated (g)	21.2g	3.7g
Carbohydrate (g)	76.1g	13.4g
- sugars (g)	12.4g	2.2g
Sodium (mg)	2372mg	419mg

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



## Cook the rice

- Finely chop **garlic**.
- In a medium saucepan, melt the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** 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.
- Keep covered until rice is tender and water is absorbed, **10 minutes**.

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



## Make the curry

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **carrot**, tossing, until softened, **3-4 minutes**.
- Add **Mumbai spice blend**, **tomato paste** (see ingredients) and remaining **garlic**. Cook until fragrant, **1-2 minutes**.



## Get prepped

- Meanwhile, thinly slice **carrot** into half-moons.
- Roughly chop **tomato**.



## Finish the curry

- Add **chopped tomato**, **coconut milk** and **vegetable stock powder** and cook, stirring, until sauce is slightly thickened, **1-2 minutes**.
- Remove from heat. Stir through cooked **prawns** and **baby spinach leaves**.
- Season with **salt** and **pepper** to taste.

**TIP:** Add a splash of water to loosen the sauce, if needed.



## Cook the prawns

- 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.

**Custom Recipe:** If you've doubled your prawns, cook prawns in batches for the best results.



## Serve up

- Divide garlic rice between bowls. Top with Mumbai prawn and tomato curry.
- Sprinkle with **crushed peanuts** to serve. Tear over **coriander**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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