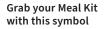


Sri Lankan Prawn & Coconut Curry

with Cashews & Jasmine Rice



















Baby Broccoli

Tomato



Coriander



Ginger Paste



Sri Lankan Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock



Prawns



Long Red Chilli (Optional)



Roasted Cashews











Get gourmet with this gorgeous prawn dish, brought together with a creamy coconut sauce and tender veggies, plus a squeeze of lime for the perfect balance of flavours.

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 \cdot Large frying pan

Ingredients

in ign concinco			
	2 People	4 People	
olive oil*	refer to method	refer to method	
water* (for the rice)	1¼ cups	2½ cups	
jasmine rice	1 medium packet	1 large packet	
red onion	1	2	
garlic	3 cloves	6 cloves	
lime	1/2	1	
tomato	1	2	
baby broccoli	1 bunch	2 bunches	
coriander	1 bag	1 bag	
ginger paste	1 medium packet	1 large packet	
Sri Lankan spice blend	1 sachet	2 sachets	
tomato paste	1 packet	2 packets	
coconut milk	1 medium tin	1 large tin	
water* (for the curry)	½ cup	1 cup	
vegetable stock pot	1 packet (40g)	2 packets (80g)	
brown sugar*	1 tsp	2 tsp	
prawns	1 packet (225g)	2 packets (450g)	
long red chilli (optional)	1	2	
roasted cashews	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2946kJ (704Cal)	478kJ (114Cal)
Protein (g)	29.4g	4.8g
Fat, total (g)	26.7g	4.3g
- saturated (g)	14.4g	2.3g
Carbohydrate (g)	89.2g	14.5g
- sugars (g)	18.4g	14.5g
Sodium (mg)	2310mg	375mg

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 2022 | CW03



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. 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!



Get prepped

While the rice is cooking, thinly slice the **red onion**. Finely chop the **garlic**. Zest the **lime** to get a good pinch, then slice into wedges. Roughly chop the **tomato**. Cut the **baby broccoli** into bite-sized pieces. Roughly chop the **coriander**.



Start the curry

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



Make it saucy

Add the baby broccoli, coconut milk, the water (for the curry), vegetable stock pot and brown sugar, then bring to the boil. Reduce the heat to medium and cook, stirring, until the veggies are softened, 5-6 minutes.



Finish the curry

Add the **prawns** and simmer, stirring occasionally, until cooked, **4-5 minutes**. Add the **lime zest** and a squeeze of **lime juice**, then season to taste.

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



Serve up

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

Enjoy!

Rate your recipe
Scan here to rate this recipe!

