



Creamy Prawn Curry & Rice

with Yoghurt & Onion Chutney

FAST & FANCY

Grab your Meal Kit with this symbol



Flaked Almonds



Baby Broccoli



Peeled Prawns



Brown Mustard Seeds



Mumbai Spice Blend



Mild Curry Paste



Cream



Baby Leaves



Microwavable Basmati Rice



Greek-Style Yoghurt



Onion Chutney



Coriander

Prep in: 15-25 mins
Ready in: 20-30 mins

A seafood curry already sounds indulgent, what if we told you it's also easy to make. The Mumbai curry sauce adds so much flavour to the prawns and toasted almonds add a nutty crunch that's always welcomed. To bring in a special element to tonight's deluxe curry, we've added both onion chutney and yoghurt.

Pantry items

Olive Oil

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
flaked almonds	1 packet	2 packets
baby broccoli	½ medium bunch	1 medium bunch
peeled prawns	1 packet	2 packets
brown mustard seeds	½ medium sachet	1 medium sachet
Mumbai spice blend	1 sachet	2 sachets
mild curry paste	1 medium packet	1 large packet
cream	½ packet (125ml)	1 packet (250ml)
baby leaves	1 small packet	1 medium packet
microwavable basmati rice	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
onion chutney	1 medium packet	1 large packet
coriander	½ packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2904kJ (694Cal)	513kJ (123Cal)
Protein (g)	30.7g	5.4g
Fat, total (g)	37.4g	6.6g
- saturated (g)	17.8g	3.1g
Carbohydrate (g)	68.7g	12.1g
- sugars (g)	20.5g	3.6g
Sodium (mg)	1393mg	246mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped

- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.
- Meanwhile, halve any thicker stalks of **baby broccoli** (see ingredients) lengthways.

3



Finish the curry & rice

- Reduce heat to medium, then add **mild curry paste**, **cream** (see ingredients), **baby leaves** and a splash of **water**. Stir to combine and simmer until slightly reduced, **1-2 minutes**. Season with **salt** and **pepper**.
- Meanwhile, zap **microwavable basmati rice** in microwave until steaming, **2-3 minutes**.

2



Start the curry

- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **baby broccoli**, tossing occasionally, until tender, **3-4 minutes**.
- Add **peeled prawns**, tossing, until pink and starting to curl up, **2-3 minutes**.
- Add **brown mustard seeds** (see ingredients) and **Mumbai spice blend**, and cook until fragrant, **1-2 minutes**.

4



Serve up

- Divide microwavable rice between bowls. Top with creamy prawn curry.
- Dollop with **Greek-style yoghurt** and **onion chutney**.
- Garnish with toasted almonds. Tear over **coriander** (see ingredients) to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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