



# Creamy Prawn & Baby Broccoli Curry

with Instant Rice & 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
<b>olive oil*</b>	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 medium sachet	2 medium sachets
mild curry paste cream	1 medium packet	1 large packet
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	1 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
Dietary Fibre (g)	11.7g	2.1g

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](https://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 and baby broccoli curry.
- Dollop with **Greek-style yoghurt** and **onion chutney**.
- Garnish with toasted almonds. Tear over **coriander** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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