



Mumbai-Spiced Prawn & Veggie Curry

with Garlic Rice & Peanuts

NEW

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Carrot



Courgette



Peeled Prawns



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Baby Leaves



Crushed Peanuts



Peeled Prawns

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

Calorie Smart*
**Custom Recipe is not Calorie Smart*

If you're looking for a cosy meal to add to the table, we can't recommend this rich prawn and veggie curry enough. Let the warmth of Mumbai spice and coconut add extra layers of flavour, and serve over garlic rice for another boost. You'll be humming in bliss with every bite!

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

Pantry items
Olive Oil, Butter

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
jasmine rice	1 medium packet	1 large packet
water*	1¼ cups	2½ cups
carrot	1	2
courgette	1	2
peeled prawns	1 packet	2 packets
Mumbai spice blend	1 medium sachet	2 medium sachets
tomato paste	½ packet	1 packet
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
baby leaves	1 small packet	1 medium packet
crushed peanuts	½ medium packet	1 medium packet
peeled prawns**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2645kJ (632Cal)	520kJ (124Cal)
Protein (g)	25.3g	5g
Fat, total (g)	33.9g	6.7g
- saturated (g)	21.7g	4.3g
Carbohydrate (g)	77.3g	15.2g
- sugars (g)	10.2g	2g
Sodium (mg)	1488mg	292mg
Dietary Fibre (g)	9.4g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2995kJ (716Cal)	492kJ (118Cal)
Protein (g)	39g	6.4g
Fat, total (g)	34.4g	5.6g
- saturated (g)	21.8g	3.6g
Carbohydrate (g)	78.3g	12.9g
- sugars (g)	11.2g	1.8g
Sodium (mg)	2140mg	351mg
Dietary fibre	10.4g	1.7g

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.

We're here to help!

Scan here if you have any questions or concerns



2024 | CW18

1



Cook the rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook half the **garlic** until fragrant, **1-2 minutes**.
- Add **jasmine 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 **12 minutes**, then remove from heat.
- Keep covered until rice is tender and water is absorbed, **10-15 minutes**.

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

4



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**.

2



Get prepped

- Meanwhile, thinly slice **carrot** and **courgette** into half-moons.

5



Finish the curry

- Add **courgette**, **coconut milk** and **vegetable stock powder** and cook, stirring, until sauce is slightly thickened, **1-2 minutes**.
- Remove pan from heat and stir through cooked **prawns**. Season with **salt** and **pepper** to taste.

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

3



Cook the prawns

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **peeled 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 in batches for best results.

6



Serve up

- Stir **baby leaves** through garlic rice.
- Divide garlic rice between bowls. Top with Mumbai prawn and veggie curry.
- Sprinkle with **crushed peanuts** (see **ingredients**) to serve. Enjoy!

Rate your recipe

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