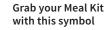


# Mumbai Prawn & Coconut Curry

with Crushed Peanuts & Jasmine Rice

GOURMET













Garlic





Baby Broccoli

Tomato





Coriander



Mumbai Spice



**Ginger Paste** 

Tomato Paste



Coconut Milk



Vegetable Stock



Tail-On Prawns





**Crushed Peanuts** 





Olive Oil, Brown Sugar



# 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

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	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	2 cloves	4 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	
Mumbai spice blend	1 small sachet	2 small sachets	
tomato paste	1 medium packet	2 medium packets	
coconut milk	1 packet	2 packets	
water* (for the curry)	½ cup	1 cup	
vegetable stock pot	1 packet	2 packets	
brown sugar*	1 tsp	2 tsp	
tail-on prawns	1 packet	2 packets	
long chilli    (optional)	1	2	
crushed peanuts	1 medium packet	1 large packet	
*Pantry Items			

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3033kJ (725Cal)	477kJ (114Cal)
Protein (g)	30.1g	4.7g
Fat, total (g)	25.8g	4.1g
- saturated (g)	16.5g	2.6g
Carbohydrate (g)	89.4g	14g
- sugars (g)	21.8g	3.4g
Sodium (mg)	2318mg	364mg

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 Dry Riesling or Pinot Gris



#### Cook the rice

- To a medium saucepan, add the water (for the rice) and bring to the boil.
- Add jasmine rice. Stir, cover with a lid and reduce the heat to low. Cook for 12 minutes, then remove 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 **red onion**.
- Finely chop garlic.
- Zest **lime** to get a good pinch, then slice into wedges.
- Roughly chop tomato.
- Cut **baby broccoli** into bite-sized pieces.
- Roughly chop **coriander**.



# Cook the curry

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



# Add the sauce

 Add coconut milk, the water (for the curry), vegetable stock pot and the brown sugar to the pan and bring to the boil.



# Cook the prawns

- Reduce heat to medium, add tail-on prawns and simmer, stirring occasionally, until pink and starting to curl up and curry is slightly thickened, 3-5 minutes.
- Add 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 long chilli (if using).
- Divide jasmine rice between bowls. Top with the Mumbai prawn and coconut curry.
- Garnish with coriander, chilli and crushed peanuts. Serve with any remaining lime wedges. Enjoy!



Scan here if you have any questions or concerns



