



# Mumbai Prawn & Coconut Curry

with Crushed Peanuts & Jasmine Rice

GOURMET

Grab your Meal Kit with this symbol



Jasmine Rice



Red Onion



Garlic



Lime



Tomato



Baby Broccoli



Coriander



Ginger Paste



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Pot



Tail-On Prawns



Long Chilli (Optional)



Crushed Peanuts

### Pantry items

Olive Oil, Brown Sugar

Prep in: 25-35 mins  
Ready in: 35-45 mins

Eat Me First

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

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
<b>olive oil*</b>	refer to method	refer to method
<b>water*</b> (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	½	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
<b>water*</b> (for the curry)	½ cup	1 cup
vegetable stock pot	1 packet	2 packets
<b>brown sugar*</b>	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](https://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!

## We're here to help!

Scan here if you have any questions or concerns



## Rate your recipe

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