

Mumbai Prawn & Tomato Curry

with Garlic Rice & Crushed Peanuts



Garlic



Basmati Rice



Carrot



Tomato



Lemon



Peeled Prawn



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Powder



Baby Spinach Leaves



Long Red Chilli (Optional)



Crushed Peanuts



Hands-on: **20-30 mins**
Ready in: **30-40 mins**



Naturally Gluten-Free
Not suitable for coeliacs



Calorie Smart



Spicy (optional long red chilli)



Eat Me First

With the perfect ratio of creaminess to acidity, you can make this crowd-pleasing curry as mild or spicy as you'd like.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with 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
basmati rice	1 medium packet	1 large packet
water*	1 ½ cups	3 cups
carrot	1	2
tomato	1	2
lemon	½	1
peeled prawn	1 packet	2 packets
Mumbai spice blend	1 sachet	2 sachets
tomato paste	½ packet	1 packet
coconut milk	1 medium tin	1 large tin
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
long red chilli (optional)	½	1
crushed peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2696kJ (644Cal)	558kJ (133Cal)
Protein (g)	22.9g	4.7g
Fat, total (g)	29g	6g
- saturated (g)	19.2g	4g
Carbohydrate (g)	77g	15.9g
- sugars (g)	12.2g	15.9g
Sodium (mg)	1537mg	318mg

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.

1



Cook the rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and a generous pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat. Keep covered until the rice is tender and the water is absorbed, **10 minutes**.

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

4



Start the curry

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **carrot** and cook, tossing, until softened, **3-4 minutes**. Add the **Mumbai spice blend**, **tomato paste** (see ingredients) and remaining **garlic** and cook until fragrant, **1-2 minutes**.

2



Get prepped

While the rice is cooking, thinly slice the **carrot** into half-moons. Roughly chop the **tomato**. Slice the **lemon** into wedges.

5



Finish the curry

Add the **tomato**, **coconut milk** and **vegetable stock powder** and cook, stirring, until the sauce has thickened slightly, **1-2 minutes**. Remove from the heat, then stir through the **cooked prawns**, **baby spinach leaves** and a squeeze of **lemon**. Season to taste.

TIP: Add a splash of water if the sauce is too thick!

3



Cook the prawns

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **peeled prawns** and cook, tossing, until pink and starting to curl up, **3-4 minutes**. Set aside in a medium bowl.

6



Serve up

Thinly slice the **long red chilli** (if using). Divide the garlic rice between bowls. Top with the Mumbai prawn and tomato curry. Sprinkle with the **crushed peanuts** and red chilli. Serve with the remaining lemon wedges.

Enjoy!

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