

Sri Lankan Prawn & Coconut Curry

with Cashews & Jasmine Rice

Grab your Meal Kit with this symbol



Jasmine Rice



Red Onion



Garlic



Lime



Tomato



Baby Broccoli



Coriander



Ginger Paste



Sri Lankan Spice Blend



Tomato Paste



Coconut Milk



Vegetable Stock Pot



Prawns





Long Red Chilli (Optional)



Roasted Cashews

 Hands-on: **25-35 mins**
 Ready in: **35-45 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

 Eat Me First
 Spicy (optional long red chilli)

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.

Pantry items

Olive Oil, Brown Sugar

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 a lid · Large frying pan

Ingredients

	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	3 cloves	6 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
Sri Lankan spice blend	1 sachet	2 sachets
tomato paste	1 packet	2 packets
coconut milk	1 medium tin	1 large tin
water* (for the curry)	½ cup	1 cup
vegetable stock pot	1 packet (40g)	2 packets (80g)
brown sugar*	1 tsp	2 tsp
prawns	1 packet (225g)	2 packets (450g)
long red chilli (optional)	1	2
roasted cashews	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2946kJ (704Cal)	478kJ (114Cal)
Protein (g)	29.4g	4.8g
Fat, total (g)	26.7g	4.3g
- saturated (g)	14.4g	2.3g
Carbohydrate (g)	89.2g	14.5g
- sugars (g)	18.4g	14.5g
Sodium (mg)	2310mg	375mg

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 Sauvignon Blanc or Riesling.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Cook the rice

Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the **jasmine rice**. Stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the 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!



Make it saucy

Add the **baby broccoli**, **coconut milk**, the **water (for the curry)**, **vegetable stock pot** and **brown sugar**, then bring to the boil. Reduce the heat to medium and cook, stirring, until the veggies are softened, **5-6 minutes**.



Get prepped

While the rice is cooking, thinly slice the **red onion**. Finely chop the **garlic**. Zest the **lime** to get a good pinch, then slice into wedges. Roughly chop the **tomato**. Cut the **baby broccoli** into bite-sized pieces. Roughly chop the **coriander**.



Finish the curry

Add the **prawns** and simmer, stirring occasionally, until cooked, **4-5 minutes**. Add the **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!



Start the curry

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



Serve up

Thinly slice the **long red chilli** (if using). Divide the jasmine rice between bowls. Top with the Sri Lankan prawn and coconut curry. Garnish with the coriander, chilli and **roasted cashews**. Serve with any remaining lime wedges.

Enjoy!

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