



Pasanda Spiced Prawn Curry

with Courgette, Rice and Flaked Almonds

28

Calorie Smart 25-30 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Basmati Rice



Courgette



Garlic Clove



King Prawns



Tomato Puree



Pasanda Style Seasoning



Creme Fraiche



Vegetable Stock Paste



Toasted Flaked Almonds



King Prawns

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Saucepan, lid, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Courgette**	1	2	2
Garlic Clove**	2	3	4
King Prawns** 5)	150g	225g	300g
Tomato Puree	30g	45g	60g
Pasanda Style Seasoning	1 sachet	2 sachets	2 sachets
Creme Fraiche** 7)	75g	112g	150g
Vegetable Stock Paste 10)	10g	15g	20g
Toasted Flaked Almonds 2)	15g	25g	25g
King Prawns** 5)	150g	225g	300g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	547g	100g	622g	100g
Energy (kJ/kcal)	2557 / 611	467 / 112	2723 / 651	438 / 105
Fat (g)	27.0	4.9	27.4	4.4
Sat. Fat (g)	13.9	2.5	14.1	2.3
Carbohydrate (g)	77.0	14.1	77.0	12.4
Sugars (g)	9.6	1.8	9.6	1.5
Protein (g)	21.1	3.9	30.0	4.8
Salt (g)	2.82	0.51	3.83	0.62

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts 5) Crustaceans 7) Milk 10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Get Saucy

Add the **creme fraiche**, **vegetable stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts) to the **courgette** pan. Stir to combine and bring to the boil.



Finish the Prep

Meanwhile, trim the **courgette**, then quarter lengthways. Chop into 2cm chunks.

Peel and grate the **garlic** (or use a garlic press).

Drain the **prawns**. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns.*

CUSTOM RECIPE

If you've chosen to double up on **king prawns**, drain them, then cook the recipe in the same way.



Cook the Prawns

Stir in the **prawns** and simmer until cooked through, 5-6 mins. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*

Once the **prawns** are cooked, stir through the **butter** (see pantry for amount) until melted, then remove from the heat.

Taste the **curry** and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



Char the Courgette

Heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins. Season with **salt** and **pepper**.

Once charred, lower the heat to medium and stir in the **garlic**, **tomato puree** and **pasanda style seasoning** (add less if you'd prefer things milder). Cook until fragrant, 1 min.



Serve Up

Fluff up the **rice** with a fork, then share between your bowls.

Top with the **prawn curry**. Sprinkle over the **flaked almonds** to finish.

Enjoy!