



# Ultimate Prawn Tikka Masala

with Cumin Rice and Garlic Butter Naan

Ultimate 25-30 Minutes • Mild Spice • 1 of your 5 a day

35



Basmati Rice



White Cumin Seeds



Garlic Clove



Spring Onion



King Prawns



Tikka Masala Paste



Tomato Puree



Creme Fraiche



Vegetable Stock Paste



Plain Naans



Chopped Kale



Chilli Flakes

**Pantry Items**

Oil, Salt, Pepper, Butter, Sugar

## 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, frying pan, bowl and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
White Cumin Seeds	1 sachet	1 sachet	2 sachets
Garlic Clove**	3	4½	6
Spring Onion**	1	2	2
King Prawns** 5)	150g	225g	300g
Tikka Masala Paste	75g	112g	150g
Tomato Puree	30g	45g	60g
Crema Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Plain Naans 7) 13)	2	3	4
Chopped Kale**	100g	100g	100g
Chilli Flakes	1 pinch	1 pinch	2 pinches
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Butter*	20g	30g	40g
Water for the Rice*	300ml	450ml	600ml
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Curry*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	4766/1139	686/164
Fat (g)	48.7	7.0
Sat. Fat (g)	21.7	3.1
Carbohydrate (g)	144.6	20.8
Sugars (g)	14.0	2.0
Protein (g)	33.9	4.9
Salt (g)	5.01	0.72

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

## Allergens

5) Crustaceans 7) Milk 10) Celery 13) Cereals containing gluten

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, mollusc, 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

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## Cook the Cumin Rice

Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **butter** (see pantry for amount) from your fryer and leave to one side to soften.

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

Stir in the **rice, cumin seeds** 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).



## Make your Garlic Naans

Meanwhile, once the **butter** has softened slightly, pop it into a small bowl and add the remaining **garlic**. Use a fork to mash the **garlic** into the **butter**. Season with **salt** and **pepper**.

Lay the **naans** onto a medium baking tray and spread over the **garlic butter**.

Pop the **naans** onto the top shelf of your oven to warm through, 2-3 mins.



## Get Prepped

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Trim and thinly slice the **spring onion**. Drain the **prawns**. **IMPORTANT:** Wash your hands and equipment after handling raw prawns.

When the **rice** has 10 mins remaining, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **tikka masala paste, tomato puree** and **half** the **garlic**. Fry until fragrant, 1 min.



## Add the Kale

Add the **kale** to the **curry** a handful at a time until tender and piping hot, 2-3 mins.

Season with **salt** and **pepper**. Add a splash of **water** if it's a little too thick.



## Curry On

Stir the **creme fraiche, vegetable stock paste, sugar** and **water for the curry** (see pantry for both amounts) into the frying pan and bring to the boil.

Stir in the **prawns**, reduce the heat to a simmer and cook for 5-6 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



## Serve Up

Share the **rice** between your serving bowls.

Spoon over your **ultimate prawn tikka masala**. Sprinkle over the **spring onion** and **chilli flakes** (add less if you'd prefer things milder).

Serve the **garlic butter naan** alongside for dipping.

## Enjoy!