



Tandoori King Prawn Masala Curry

with Spinach, Basmati Rice and Crispy Onions

Customised 20-25 Minutes • Mild Spice

39B



Basmati Rice



King Prawns



Garlic Clove



Tomato Puree



Tandoori Masala Mix



Vegetable Stock Paste



Creme Fraiche



Mango Chutney



Baby Spinach



Crispy Onions

CUSTOMISED RECIPE

If you chose to customise your recipe, then just follow the instructions on the back of this card.
Happy cooking!

Pantry Items

Oil, Salt, Pepper, Butter

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

Kettle, saucepan, sieve, lid, frying pan and garlic press.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
King Prawns** 5)	150g	225g	0g
Garlic Clove**	2	3	4
Tomato Puree	30g	45g	60g
Tandoori Masala Mix	1 sachet	2 sachets	2 sachets
Vegetable Stock Paste	10g	15g	20g
Creme Fraiche** 7)	75g	150g	150g
Mango Chutney	40g	60g	80g
Baby Spinach**	40g	100g	100g
Crispy Onions 13)	1 sachet	2 sachets	2 sachets

Pantry	2P	3P	4P
Water for the Curry*	125ml	190ml	250ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	336g	100g
Energy (kJ/kcal)	2654 /634	789 /189
Fat (g)	25.7	7.6
Sat. Fat (g)	14.6	4.4
Carbohydrate (g)	84.1	25.0
Sugars (g)	15.4	4.6
Protein (g)	20.8	6.2
Salt (g)	3.05	0.91

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

Allergens

5) Crustaceans 7) Milk 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 Rice

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with $\frac{1}{4}$ tsp salt on high heat. Add the **rice** and cook for 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pan. Cover with a lid and leave to the side until ready to serve.



Time to Simmer

- Next, add in the **veg stock paste** and **water for the curry** (see pantry for amount).
- Stir and bring to the boil, reduce the heat slightly and simmer for 3-4 mins. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*



Fry the Prawns

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Drain the **prawns**.
- Once hot, add the **prawns** and stir-fry for 2-3 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw prawns.*



Finishing Touches

- Once the **prawns** are cooked, stir in the **creme fraiche**, **mango chutney** and **butter** (see pantry for amount) until the **butter** is melted.
- Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Taste and season with **salt** and **pepper** if needed.
- Remove from the heat. Add a splash more **water** if you feel it needs it.



Add the Spices

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Add the **tomato puree**, **garlic** and **tandoori masala mix** to the **prawns**.
- Mix well and cook until fragrant, 1 min.



Serve

- Share the **rice** out between your serving bowls.
- Spoon over the **tandoori prawn masala curry**.
- Sprinkle over the **crispy onions** to finish.

Enjoy!