



North Indian Prawn Curry

with green beans, broccolini and quinoa

Calorie Smart Quick Cook 20 – 25 mins • Eat me first

12



Prawns



North Indian Style Spice Mix



Korma Curry Paste



Creme Fraiche



Green Beans



Broccolini



Chilli



Vegetable Stock



Quinoa



Shallot

Pantry Items: Salt, Pepper, Oil, Water, Sugar



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pan with lid, pot with lid, sieve

Ingredients

	2P	4P
Prawns	150 g	300 g
North Indian Style Spice Mix	1 sachet	2 sachets
Korma Curry Paste	1 sachet	2 sachets
Creme Fraiche	110 g	220 g
Green Beans	75 g	150 g
Broccolini	75 g	150 g
Chilli	1 unit	2 units
Vegetable Stock	1 sachet	2 sachets
Quinoa	170 g	335 g
Shallot	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	354.5 g	100 g
Energy (kJ/kcal)	2505 kJ/ 599 kcal	707 kJ/ 169 kcal
Fat (g)	21.7 g	6.1 g
Sat. Fat (g)	9.6 g	2.7 g
Carbohydrate (g)	69 g	19.5 g
Sugars (g)	8.3 g	2.3 g
Protein (g)	30.6 g	8.6 g
Salt (g)	3.2 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Get Prepped

- Boil a large pot of **water** for the **quinoa**.
- Stir in the **quinoa** and **half** the **stock** and bring back to the boil. Cook until the **quinoa** has doubled in size and the seed has visibly split, 12-15 mins.
- Drain in a sieve and return to the pot, off the heat. Cover with a lid and set aside. Season to taste with **salt** and **pepper**.
- Meanwhile, halve, peel and chop the **shallot** into small pieces.
- Trim the **green beans**, then chop into thirds.



Finish and Serve

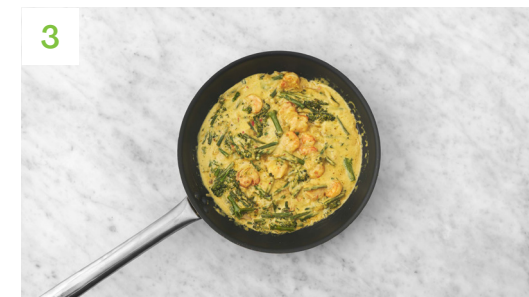
- Divide the **quinoa** between bowls.
- Top with the **prawn curry**.
- Scatter over the remaining **chilli** (use less if you don't like spice).

Enjoy!



Soften the Shallot

- Chop the **broccolini** into thirds.
- Halve the **chilli** and discard the core and seeds. Finely chop.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Add the **shallot, green beans, broccolini** and **prawns**. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw prawns.
- Fry for 4-5 mins, stirring occasionally.



Simmer the Sauce

- Add **North Indian spice** and **half** the **chilli** (use less if you don't like spice). Fry for 1 min.
- Pop in **korma paste, creme fraiche**, remaining **stock**, 2 tbsp **water** and ½ tsp **sugar** (double both for 4p).
- Cover and simmer until **prawns** are cooked through, 2-3 mins. **IMPORTANT:** Prawns are cooked when pink on the outside and opaque in the middle.
- Add a splash of **water** to loosen the sauce if needed. Once ready, season to taste with **salt** and **pepper**.