



# Prawn & Roasted Cauliflower Bengali Curry

## with Turmeric Rice & Cashews

Grab your Meal Kit with this symbol



Turmeric



Chicken Stock



Basmati Rice



Cauliflower



Brown Onion



Garlic



Ginger



Broccoli



Bengal Curry Paste



Coconut Cream



Banana Prawns



Lime



Coriander



Long Red Chilli (Optional)



Roasted Cashews

Hands-on: **30-40** mins  
Ready in: **35-45** mins

Naturally gluten-free  
*Not suitable for Coeliacs*

Spicy (optional long red chilli)

Eat me first

This is one exotic dinner that ticks all the boxes and promises big on flavour. With rich aromatic flavours, succulent prawns and turmeric rice to soak up the creamy sauce, your taste buds will be swimming with delight.

### Pantry items

Olive Oil, Butter

## 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

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	15g	30g
turmeric	½ sachet	1 sachets
water* (for the rice)	1½ cups	3 cups
chicken stock	½ cube	1 cube
basmati rice	1 packet	2 packets
cauliflower (200g)	1 portion	1 portion (400g)
brown onion	1	2
garlic	2 cloves	4 cloves
ginger	1 knob (15g)	2 knobs (30g)
broccolini	1 bunch	2 bunches
Bengal curry paste	1 sachet	2 sachets
coconut cream	½ tin (200ml)	1 tin (400ml)
water* (for the curry)	¾ cups	1½ cups
banana prawns	1 packet	2 packets
lime	1	2
coriander	1 bag (5g)	1 bag (10g)
long red chilli (optional)	½	1
roasted cashews	1 packet (30g)	2 packets (60g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3958kJ (945Cal)	561kJ (134Cal)
Protein (g)	31g	4.4g
Fat, total (g)	48.6g	6.9g
- saturated (g)	30.1g	4.3g
Carbohydrate (g)	88.6g	12.6g
- sugars (g)	17g	2.4g
Sodium (mg)	2167mg	307mg

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.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 Riesling or Pinot Grigio



## 1. Cook the turmeric rice

Preheat the oven to **220°C/200°C fan-forced**. In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add the **turmeric (see ingredients list)** and cook, until fragrant, **1 minute**. Add the **water (for the rice)** and crumbled **chicken stock (1/2 cube for 2 people / 1 cube for 4 people)** and bring to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the saucepan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## 4. Start the curry

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **onion** and cook until softened, **3-4 minutes**. Add the **garlic, ginger** and **Bengal curry paste** and cook until fragrant, **1-2 minutes**. Add the **coconut cream (see ingredients list)** and **water (for the curry)** and bring to the boil. Reduce the heat to medium and cook, until slightly thickened, **2-3 mins**.



## 2. Roast the cauliflower

While the rice is cooking, chop the **cauliflower** into small florets. Place the **cauliflower** on an oven tray lined with baking paper. **Drizzle** generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.



## 3. Get prepped

While the cauliflower is roasting, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Grate the **ginger**. Cut the **broccolini** into 2cm chunks.



## 5. Finish the curry

Add the **broccolini** and **prawns** to the sauce and simmer, stirring occasionally, until cooked, **4-6 minutes**. While the prawns are cooking, slice the **lime** into wedges. Roughly chop the **coriander**. Thinly slice the **long red chilli** (if using). Stir through the roasted **cauliflower** and a **good squeeze of lime juice**.

**TIP:** The prawns are cooked when pink on the outside and opaque all the way through.

**TIP:** Add a dash of water if the sauce is too thick.



## 6. Serve up

Divide the turmeric rice between bowls and top with the prawn Bengali curry. Garnish with the coriander, red chilli (if using) and roasted cashews. Serve with any remaining lime wedges.

**Enjoy!**