

# Keralan Prawn Curry

## with Basmati Rice and Green Beans

**hellóchef**

Busy weeknights call for hearty and wholesome curries like this.

Cals 673 • Prot 37 • Carbs 98 • Fat 21

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🕒 cook: 30 min

R3035





Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Curry	2 ppl	3 ppl	4 ppl	
Prawns <b>7*</b>	350	525	700	Grams
Red onion	1	1	2	Piece
Tomatoes	1	1	2	Piece
Small green chilli	1	1	2	Piece
Green beans	250	375	500	Grams
Vegetable oil	1	1	2	Tbsp
Ginger garlic paste	20	30	40	Grams
Turmeric powder	2	2	4	Grams
Coriander cumin powder	4	4	8	Grams
Coconut milk	200	400	400	ML
Vegetable stock cube <b>15*</b>	1	1	1	Piece
Curry leaves	6	6	12	Grams
Coconut sugar	10	15	20	Grams
Tamarind paste	15	22	30	Grams
Rice				
Basmati rice	150	225	300	Grams
Salt	0.5	1	1	Tsp
Water	300	450	600	ML
To serve				
Lime	1	2	2	Piece
Fresh coriander	15	15	15	Grams

Allergens

\*7 Crustaceans, \*15 Celery

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2817 / 673
Fat (g)	20.6
of which saturates (g)	10.9
Carbohydrate (g)	98
of which sugars (g)	11.4
Fiber (g)	10.6
Protein (g)	36.7
Salt (g)	2.1

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil rice

Rinse the **rice**. Add the **rice**, a pinch of **salt** and the **measured water** to a pot with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pot from the heat and keep covered until serving.



2 Prep

Meanwhile, peel and finely slice the **red onion**. Roughly chop the **tomatoes**. Finely chop the **green chilli**. Trim the **green beans** and chop them in half.

**Tip!** Sensitive to spice? Carefully remove the seeds of the green chilli, if you prefer a milder flavour.



3 Fry

Heat a large pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **onion** and fry for 5 min until softened. Add the **ginger garlic paste, tomatoes, turmeric, coriander cumin powder** and **green chilli (spicy!)**. Fry for 2 min further.

**Tip!** If cooking for kids, leave out the green chilli. Sensitive to spice? Go easy on the green chilli.



4 Simmer

Meanwhile, drain the **prawns** on kitchen paper. Add the **coconut milk** and {0.5/1/1} **vegetable stock cube**. Reduce the heat to medium and simmer, stirring occasionally, for 5 min. Add the **prawns** and simmer for 2 min further.



5 Finish

Meanwhile, strip the **curry leaves** and discard the stems. After 2 min, add the **coconut sugar, tamarind, green beans** and **curry leaves** to the **sauce**. Mix well and simmer for final 5-7 min or until the **green beans** are tender.

**Tip!** If cooking for kids, set aside a portion of the cooked prawns, sauce and beans separately.



6 Serve

Meanwhile, slice the **lime** into wedges. Pick and finely chop the **coriander leaves**. Divide the **basmati rice** among bowls and serve the **prawn curry** with **green beans** alongside. Garnish with the **lime wedges** and **coriander leaves**.

**Tip!** If cooking for kids, roughly chop the coriander leaves. Serve the prawns, rice and green beans separately. Serve the sauce and coriander as 'sprinkles' to the side.