

Prawn Tikka Masala

with Basmati Rice and Quick Pickled Cucumbers

hellóchef

We've changed up our classic tikka masala curry and swapped chicken for prawns.

Cals 763 • Prot 41 • Carbs 99 • Fat 30

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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 7*	350	525	700	Grams
Brown onion	1	1	2	Piece
Ghee 4*	30	45	60	Grams
Salt	0.5	0.5	1	Tsp
Ginger garlic paste	10	15	20	Grams
Smoked paprika powder	2	2	4	Grams
Curry powder	5	8	10	Grams
Garam masala	2	5	5	Grams
Chipotle powder	2	2	4	Grams
Tomato paste	70	70	140	Grams
Vegetable stock cube 15*	1	1	2	Piece
Water	150	175	300	ML
Cooking cream 4*	100	200	200	ML
Honey	15	15	30	Grams
Rice				
Basmati rice	150	225	300	Grams
Water	300	450	600	ML
Cucumber salad				
Cucumber	2	2	4	Piece
Fresh coriander	15	15	15	Grams
Lime	1	1	2	Piece
Salt	0.5	0.5	1	Tsp

Allergens

*7 Crustaceans, *4 Milk, *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)	3184 / 763
Fat (g)	29.7
of which saturates (g)	18.7
Carbohydrate (g)	99
of which sugars (g)	15.7
Fiber (g)	7.9
Protein (g)	40.7
Salt (g)	0.9

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



1 Prep

Peel and finely and chop the **brown onion**.



2 Make sauce

Heat a large non-stick pan over a medium-low heat with the **ghee**. Once hot, add the **onion** with a pinch of **salt**. Fry for 7-8 min until softened. Once softened, add the **ginger garlic paste, smoked paprika, curry powder, garam masala** and a pinch of **chipotle powder (spicy!)**. Fry for 2 min. Add the **tomato paste, stock cube** and **measured water** and simmer for 5 min.



3 Boil rice

Meanwhile, rinse the **rice** until the water runs clear. Add the **rice** and **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low. Cook with the lid on for 10-12 min or until all the water is absorbed. Once cooked, remove the pan from the heat. Keep covered until serving. Fluff with a fork before serving.



4 Prep cucumber salad

Meanwhile, chop the **cucumber** into small chunks. Finely chop the **coriander**. Slice the **lime** into wedges. Mix the **cucumber** and **coriander** together in a bowl with a pinch of **salt**. Add a squeeze of **lime** juice.



5 Finish sauce

Increase the heat to medium-high. Add the **prawns, cream** and **honey** to the **tikka sauce**. Simmer for a final 4 min or until **prawns** are cooked through.



6 Serve

Serve the **curry** over the **basmati rice** with the **cucumber salad** to the side. Serve any remaining **lime** wedges as a garnish.