



SuperQuick Shrimp and Pea Korma with Naan and Rice

Spicy

15 Minutes

Swap



Tilapia

300 g | 600 g

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Shrimp
285 g | 570 g



Coconut Milk
1 | 2



Dal Spice Blend
1 tbsp | 2 tbsp



Yellow Onion, chopped
56 g | 113 g



Green Peas
56 g | 113 g



Ginger-Garlic Puree
2 tbsp | 4 tbsp



Flatbread
2 | 4



Basmati Rice
¾ cup | 1 ½ cups



Cilantro
7 g | 14 g



Almonds, sliced
28 g | 56 g



Curry Paste
4 tbsp | 8 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, pepper

Cooking utensils | Baking sheet, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, silicone brush, strainer

1



Cook rice

- Before starting, preheat the broiler to high. Add 1 cup (2 cups) water and ½ tsp (¼ tsp) salt to a medium pot. Cover and bring to a boil over high heat.
 - Wash and dry all produce.
- Using a strainer, rinse **rice** until **water** runs clear. (NOTE: Set strainer aside; it will be used again in step 2.)
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove from heat. Set aside, still covered.

4



Toast flatbread

- Meanwhile, arrange **flatbreads** on an unlined baking sheet.
- Brush with ½ **tblsp** (1 **tblsp**) **oil**, then season with **salt**. (NOTE: For 4 ppl, use 2 baking sheets, with ½ **tblsp** oil per baking sheet.)
- Broil **flatbreads** in the **middle** of the oven until golden-brown, 2-3 min. (NOTE: For 4 ppl, broil flatbreads in the middle of the oven, one sheet at a time.) (TIP: Keep an eye on them so they don't burn.)

2



Prep

Swap | Tilapia

- Chop **cilantro**.
- Using the strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **half the Dal Spice Blend, salt** and **pepper**.

3



Start curry

- Heat a large non-stick pan over medium heat.
- When hot add **1 tblsp** (2 **tblsp**) **oil**, then **onions** and **peas**. Cook, stirring occasionally, until softened, 2-3 min.
- Add **ginger-garlic puree, curry paste, remaining Dal Spice Blend**. Cook, stirring constantly, until fragrant, 1 min.
- Add **shrimp, coconut milk** and **2 tblsp** (4 **tblsp**) **water**. Cook, stirring occasionally, until **shrimp** is cooked through and **sauce** thickens slightly, 3-4 min.**
- Season with **salt** and **pepper**.

5



Finish and serve

- Fluff **rice** with a fork, then stir in **half the cilantro**.
- Divide between bowls.
- Top with **shrimp korma**.
- Sprinkle over **almonds** and **remaining cilantro**.

Measurements within steps **1 tblsp** (2 **tblsp**) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Prep

Swap | Tilapia

If you've opted to get **tilapia**, pat dry with paper towels, then cut into 1-inch pieces. Season and cook as the recipe instructs you to cook **shrimp****.

** Cook shrimp to a minimum internal temperature of 74°C/165°F, as size may vary, and cook tilapia to a minimum internal temperature of 70°C/158°F, as size may vary.