



JUN
2016



Palak's South Indian Shrimp Curry with Coconut Milk and Basmati Rice

"Take a trip to Southern India with my mouthwatering shrimp stew! Creamy coconut milk is infused with rich aromas from curry, tomatoes, onions, and garam masala, making this a decadent dish. These flavors will transport you to the tranquil backwaters of Kerala where the cuisine is as colorful as the region." –Chef Palak



Prep: 10 min
Total: 30 min



level 1



gluten
free



dairy
free



make me
first



Shrimp



Basmati Rice



Garlic



Red Onion



Crushed
Tomatoes



Curry
Powder



Mustard Seeds



Jalapeño
Pepper



Cayenne



Garam Masala



Coconut Milk





Cilantro



Turmeric

Ingredients

	2 People	4 People
Shrimp	10 oz	20 oz
Basmati Rice	½ Cup	1 Cup
Garlic	2 Cloves	4 Cloves
Red Onion	1	2
Crushed Tomatoes	1 Box	2 Boxes
Curry Powder	1 t	1 t
Mustard Seeds	1 t	2 t
Jalapeño Pepper 	1	2
Cayenne 	⅛ t	¼ t
Garam Masala	1 t	2 t
Coconut Milk	1 Can	1 Can
Cilantro	¼ oz	½ oz
Turmeric	1 t	2 t
Oil*	1 T	2 T

*Not Included

Allergens

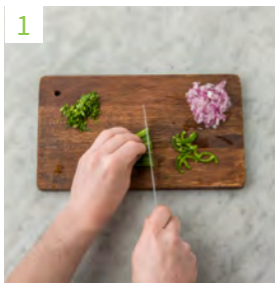
1) Shellfish

2) Tree Nuts

Ruler

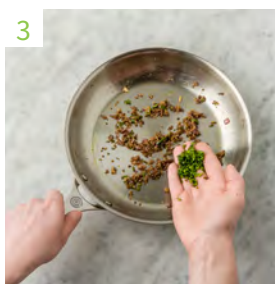
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Nutrition per person Calories: 565 cal | Fat: 16 g | Sat. Fat: 8 g | Protein: 42 g | Carbs: 63 g | Sugar: 10 g | Sodium: 893 mg | Fiber: 3 g



1

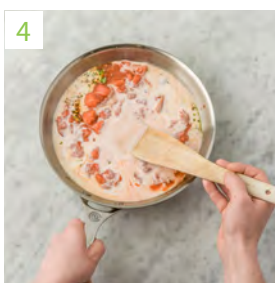
1 Prep the ingredients: Wash and dry all produce. Halve, peel, and chop the **onion**. Mince or grate the **garlic**. Finely chop the **cilantro leaves and stalks**, reserving a few leaves for garnish. Chop the **jalapeño**, removing the ribs and seeds if you prefer less heat.



3

2 Cook the rice: In a small pot, bring **1 cup water** and a large pinch of **salt** to a boil. Once boiling, add the **rice**, cover, and reduce to a low simmer for 15-20 minutes, until tender.

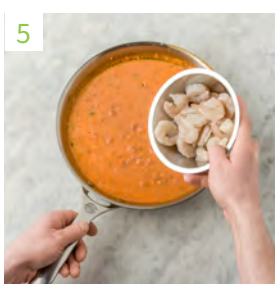
3 Start the curry: Heat a large drizzle of **oil** in a large pan over medium heat. Add the **mustard seeds** and cook until fragrant, for about 1 minute. Add the **curry powder, turmeric, jalapeño**, and **onions** and cook for 2-3 minutes until slightly browned. Add the **garlic** and **cilantro** and cook for an additional 30 seconds until fragrant. Season with **salt** and **pepper**.



4

4 Finish the curry: Add in the **tomatoes, half the coconut milk, 1 cup water**, and a pinch of **cayenne** (start with a little and go up from there). Season with **salt** and **pepper**, then bring to a boil.

5 Cook the shrimp: Add the **shrimp** to the pan and reduce the heat to low. Cook for 4-5 minutes, until the shrimp are opaque and cooked through. Season to taste with **salt, pepper**, and additional **cayenne**, if desired.



5

6 Finish and serve: Stir the **garam masala** into the pan and remove from the heat. Serve the **South Indian shrimp curry** on a bed of **basmati rice** and garnish with the **cilantro leaves**. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics and you'll be entered into our weekly photo contest!

