



Smart Shrimp Curry

with Smashed Cauliflower and Potatoes

Carb Smart

Calorie Smart

Quick

25 Minutes



Shrimp



Garlic, cloves



Shallot



Indian Spice Mix



Mild Curry Paste



Roma Tomato



Cauliflower, florets



Russet Potato



Cilantro



Cream Cheese

HELLO CAULIFLOWER

A great low carb alternative for starchy veggies!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, potato masher, strainer, measuring cups, whisk, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Garlic, cloves	1	2
Shallot	50 g	100 g
Indian Spice Mix	1 tbsp	2 tbsp
Mild Curry Paste	2 tbsp	4 tbsp
Roma Tomato	160 g	320 g
Cauliflower, florets	285 g	570 g
Russet Potato	230 g	460 g
Cilantro	7 g	7 g
Cream Cheese	43 g	86 g
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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.

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Cook potatoes and cauliflower

Peel, then cut **potatoes** into 1-inch pieces. Add **potatoes, cauliflower, 2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min. Drain and return **veggies** to the same pot, off heat. Cover to keep warm.



Start curry

Heat the same pan over medium. Add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted. Add **shallots**. Cook, stirring occasionally, until slightly softened, 2-3 min. Add **garlic** and **tomatoes**. Cook, stirring often, until **tomatoes** start to break down, 3-4 min. Add **Indian Spice Mix** and **curry paste**. Cook, stirring constantly, until fragrant, 30 sec.



Prep

While **potatoes** and **cauliflower** cook, cut **tomatoes** into ½-inch pieces. Roughly chop **cilantro**. Peel, then mince or grate **garlic**. Peel, then cut **shallot** into ¼-inch pieces. Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.



Finish curry

Add **cream cheese** and **½ cup water** (dbl for 4 ppl) to the pan. Bring to a simmer over medium-high, whisking constantly, until combined. Once simmering, continue whisking occasionally until **sauce** thickens slightly, 2-3 min. Add **shrimp** and stir to warm through. Season with **salt** and **pepper**, to taste. (**TIP:** If sauce is too acidic, add ¼ tsp sugar.)



Cook shrimp

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Remove the pan from heat. Transfer **shrimp** to a plate.



Finish and serve

Roughly mash **2 tbsp butter** (dbl for 4 ppl) into **veggies** until slightly mashed. (**NOTE:** 'Smashed' potatoes and cauliflower will still have a few chunks!) Season with **salt** and **pepper**, to taste. Divide **smashed potatoes and cauliflower** between plates. Spoon **shrimp curry** over top. Sprinkle with **cilantro**.

Dinner Solved!