



15-minute prawn curry



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 390 g coconut milk canned
- ☐ 2 tbsp curry paste green
- ☐ 2 tsp sugar
- ☐ 1 small bunch cilantro leaves fresh
- ☐ 400 g tiger prawns frozen cooked peeled
- ☐ 100 g baby spinach
- ☐ 1 juice of lime
- ☐ 1 tbsp thai fish sauce

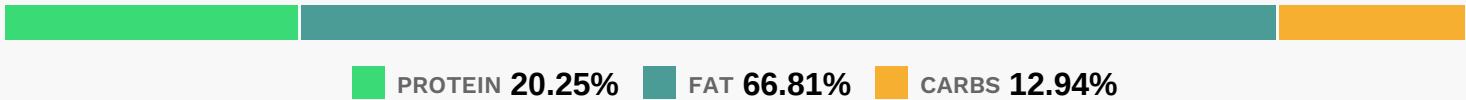
Equipment

- ☐ bowl
- ☐ blender
- ☐ wok

Directions

- ☐ Open the coconut milk, pour the thin milk into a jug, keeping back any thick coconut cream. Scoop the coconut cream into a blender.
- ☐ Add 2-3 tbsp of the coconut milk plus curry paste, sugar and coriander stalks and blend to a smooth paste.
- ☐ Heat a wok, tip in the paste, stir fry for 1-2 mins, then pour in the remaining milk from the jug.
- ☐ Bring to a simmer, then add the prawns and spinach. Cook until the prawns are heated through and spinach has wilted.
- ☐ Add lime juice and fish sauce, then spoon into bowls. Scatter over coriander leaves and serve with plain rice or noodles.

Nutrition Facts



Properties

Glycemic Index:33.52, Glycemic Load:1.59, Inflammation Score:-10, Nutrition Score:23.774782592836%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 321.62kcal (16.08%), Fat: 24.88g (38.28%), Saturated Fat: 20.94g (130.85%), Carbohydrates: 10.85g (3.62%), Net Carbohydrates: 7.79g (2.83%), Sugar: 6.3g (7%), Cholesterol: 126mg (42%), Sodium: 954.85mg (41.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.97g (33.94%), Vitamin K: 127.39µg (121.33%),

Vitamin A: 3844.75IU (76.89%), Manganese: 1.17mg (58.34%), Selenium: 36.34µg (51.92%), Phosphorus: 356.08mg (35.61%), Copper: 0.48mg (24.14%), Folate: 87.39µg (21.85%), Magnesium: 86.82mg (21.7%), Vitamin B12: 1.13µg (18.86%), Vitamin C: 13.2mg (16%), Potassium: 541.12mg (15.46%), Iron: 2.76mg (15.33%), Vitamin B3: 2.84mg (14.18%), Vitamin E: 2.04mg (13.6%), Vitamin B6: 0.27mg (13.28%), Fiber: 3.06g (12.23%), Zinc: 1.78mg (11.87%), Calcium: 109.2mg (10.92%), Vitamin B5: 0.53mg (5.31%), Vitamin B1: 0.07mg (4.57%), Vitamin B2: 0.07mg (4.09%)