



Aromatic prawn & cashew curry

 Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 onion chopped
- ☐ 1 piece ginger peeled roughly chopped
- ☐ 4 garlic clove peeled
- ☐ 2 to 2 chilies slit green seeds removed
- ☐ 1 small bunch cilantro leaves leaves picked roughly chopped
- ☐ 1 tbsp butter
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 2 tbsp garam masala

- ☐ 150 g cashew pieces unsalted
- ☐ 400 g canned tomatoes chopped canned
- ☐ 400 ml chicken stock see
- ☐ 400 g shrimp raw
- ☐ 150 ml yogurt
- ☐ 50 ml double cream
- ☐ 4 servings rice

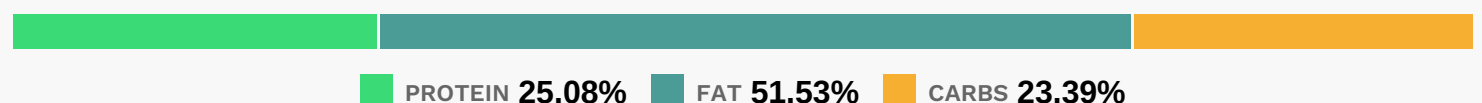
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ mortar and pestle

Directions

- ☐ Put the onion, ginger, garlic, chillies and coriander stalks in a small food processor, or pestle and mortar, and mix to a paste. Meanwhile, heat the butter or ghee and oil in a large pan.
- ☐ Add the paste to the pan and stir-fry for 5 mins to soften.
- ☐ Add the garam masala and cook for a further 2 mins until aromatic.
- ☐ Meanwhile, toast the cashew nuts in a small pan until golden. Tip half into the food processor and blend until finely ground. Set aside the remaining cashews.
- ☐ Add the blended cashews, the tomatoes and the chicken stock to the pan. Season and bring to a boil, then lower the heat and simmer, covered with a lid, for 45 mins.
- ☐ Add the prawns and cook for a further 2–3 mins until they turn pink, then add the yogurt and double cream and stir well. Scatter with the coriander leaves and the remaining cashew nuts, and serve with rice and naan bread.

Nutrition Facts



Properties

Glycemic Index:74.35, Glycemic Load:6.31, Inflammation Score:-8, Nutrition Score:23.493912971538%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg, Quercetin: 6.69mg

Nutrients (% of daily need)

Calories: 520.38kcal (26.02%), Fat: 31g (47.7%), Saturated Fat: 9.28g (58.01%), Carbohydrates: 31.66g (10.55%), Net Carbohydrates: 26.69g (9.71%), Sugar: 12.39g (13.77%), Cholesterol: 190.93mg (63.64%), Sodium: 524.03mg (22.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.95g (67.91%), Copper: 1.49mg (74.36%), Phosphorus: 556.07mg (55.61%), Manganese: 0.95mg (47.37%), Magnesium: 179.19mg (44.8%), Potassium: 1055.02mg (30.14%), Zinc: 4.29mg (28.6%), Iron: 4.73mg (26.3%), Vitamin K: 25.57µg (24.35%), Vitamin B6: 0.46mg (23.14%), Vitamin E: 3.34mg (22.27%), Vitamin B1: 0.3mg (20.28%), Fiber: 4.96g (19.86%), Vitamin C: 16.16mg (19.59%), Calcium: 184.71mg (18.47%), Selenium: 12.31µg (17.58%), Vitamin B3: 3.37mg (16.83%), Vitamin B2: 0.25mg (15%), Vitamin A: 665.83IU (13.32%), Folate: 37.6µg (9.4%), Vitamin B5: 0.87mg (8.66%), Vitamin B12: 0.17µg (2.83%), Vitamin D: 0.24µg (1.6%)