



Curry in a hurry

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 onion red thinly sliced
- ☐ 1 garlic clove
- ☐ 2 tsp ginger
- ☐ 0.5 tsp pepper flakes chopped
- ☐ 200 g canned tomatoes chopped canned
- ☐ 200 g shrimp raw boneless skinless peeled chopped
- ☐ 2 tsp garam masala

- ☐ 3 tbsp yogurt low fat
- ☐ 1 handful cilantro leaves roughly chopped

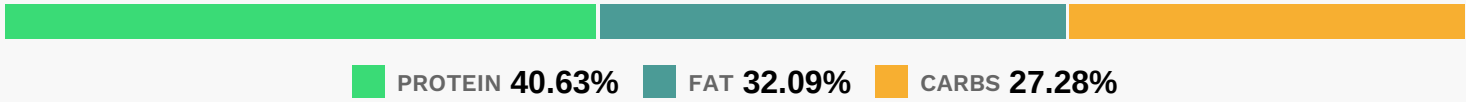
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan, add onion and fry until they colour. Crush the garlic into the pan, add ginger and chilli; cook briefly.
- ☐ Add tomatoes and a quarter of a can of water and bring to the boil. Simmer for 2 mins, add prawns or chicken and gujarati masala, cover and cook for 2–3 mins for prawns and 5–6 mins for chicken.
- ☐ Reduce the heat to a simmer, then stir in the yogurt, a tablespoonful at time.
- ☐ Sprinkle with coriander and serve with warm garlic and coriander naans and a crisp salad of cucumber, shredded lettuce, sliced red onion and wedges of lemon.

Nutrition Facts



Properties

Glycemic Index:93.5, Glycemic Load:3.42, Inflammation Score:-6, Nutrition Score:12.742608702701%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg, Quercetin: 12.25mg

Nutrients (% of daily need)

Calories: 232.57kcal (11.63%), Fat: 8.6g (13.23%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 16.45g (5.48%), Net Carbohydrates: 13.09g (4.76%), Sugar: 8.98g (9.97%), Cholesterol: 162.8mg (54.27%), Sodium: 277.12mg (12.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.49g (48.99%), Phosphorus: 309.62mg (30.96%), Copper: 0.61mg (30.72%), Vitamin E: 4.21mg (28.07%), Potassium: 736.26mg (21.04%), Vitamin C: 16.41mg (19.9%), Calcium: 170.1mg (17.01%), Magnesium: 67.64mg (16.91%), Manganese: 0.33mg (16.43%), Fiber: 3.36g (13.43%), Zinc: 2.01mg

(13.39%), Vitamin B6: 0.26mg (13.09%), Vitamin K: 12.36µg (11.77%), Iron: 2.05mg (11.36%), Vitamin B2: 0.14mg (8.1%), Vitamin B1: 0.12mg (7.95%), Vitamin A: 378.39IU (7.57%), Folate: 28.54µg (7.14%), Vitamin B3: 1.38mg (6.92%), Vitamin B5: 0.55mg (5.5%), Selenium: 2.12µg (3.02%), Vitamin B12: 0.17µg (2.8%)