



HEALTH SCORE

56%

Goan prawn & coconut curry with cumin rice



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



816 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 onion thinly sliced
- ☐ 1 tbsp ginger freshly grated
- ☐ 2 garlic clove crushed
- ☐ 1 to 5 chilies red deseeded sliced
- ☐ 0.5 tsp turmeric
- ☐ 0.5 tsp chili powder
- ☐ 1 tsp ground coriander

- ☐ 10 curry leaves
- ☐ 1 large potatoes diced
- ☐ 400 ml lite coconut milk canned
- ☐ 8 cherry tomatoes halved
- ☐ 1 handful baby spinach
- ☐ 200 g shrimp raw peeled
- ☐ 1 tsp cumin seeds
- ☐ 175 g rice

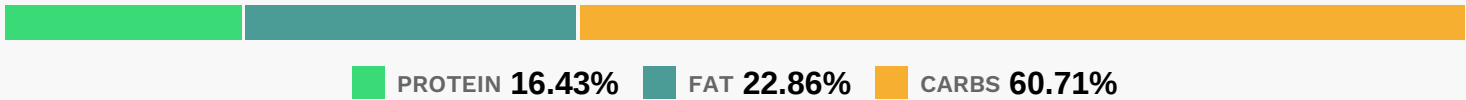
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil and fry the onion, ginger, garlic and chilli for 5 mins until starting to soften.
- ☐ Add the spices, curry leaves and potato, then cook for 1 min more. Stir in the coconut milk and tomatoes, cover and leave to simmer for 10 mins until the potato is tender.
- ☐ Add the spinach and prawns. Cook for 1 min more until the spinach wilts and the prawns turn pink.
- ☐ Meanwhile, make the rice. Tip the cumin into a pan and toast over a dry heat for 30 secs.
- ☐ Add the rice, salt to taste and 400ml water, then cover and cook for 8-10 mins until the rice is tender and the water has been absorbed.
- ☐ Serve with the curry.

Nutrition Facts



Properties

Glycemic Index:151.97, Glycemic Load:68.04, Inflammation Score:-10, Nutrition Score:41.116086959839%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 13.58mg, Quercetin: 13.58mg, Quercetin: 13.58mg, Quercetin: 13.58mg

Nutrients (% of daily need)

Calories: 816.34kcal (40.82%), Fat: 20.41g (31.4%), Saturated Fat: 12.38g (77.36%), Carbohydrates: 121.94g (40.65%), Net Carbohydrates: 113.54g (41.29%), Sugar: 7g (7.78%), Cholesterol: 161mg (53.67%), Sodium: 313.21mg (13.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.01g (66.01%), Vitamin B3: 61.88mg (309.4%), Vitamin C: 194mg (235.15%), Folate: 678.57µg (169.64%), Manganese: 1.75mg (87.74%), Vitamin K: 82.59µg (78.66%), Vitamin B6: 1.02mg (51.1%), Phosphorus: 491.43mg (49.14%), Copper: 0.95mg (47.55%), Vitamin A: 2360.8IU (47.22%), Potassium: 1609.84mg (46%), Magnesium: 140.19mg (35.05%), Fiber: 8.41g (33.63%), Iron: 5.16mg (28.66%), Vitamin E: 4.16mg (27.75%), Zinc: 3.35mg (22.35%), Selenium: 15.55µg (22.21%), Vitamin B1: 0.31mg (20.44%), Calcium: 194.9mg (19.49%), Vitamin B5: 1.67mg (16.75%), Vitamin B2: 0.2mg (11.93%)