



One-pan prawn & tomato curry

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp unrefined sunflower oil
- ☐ 1 large onion chopped
- ☐ 1 large piece ginger crushed
- ☐ 4 garlic cloves crushed
- ☐ 0.5 chilli red finely chopped
- ☐ 1 tsp golden caster sugar
- ☐ 1 tsp mustard seeds black
- ☐ 1 tsp ground cumin

- ☐ 1 tsp ground coriander
- ☐ 1 tsp turmeric
- ☐ 1 tbsp garam masala
- ☐ 2 tsp malt vinegar
- ☐ 400 g tomatoes chopped canned
- ☐ 400 g king prawns raw
- ☐ 1 small bunch coriander chopped
- ☐ 4 servings rice

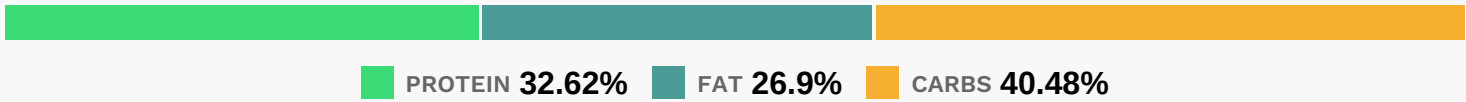
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the oil in a deep-sided frying pan and cook the onion for 8-10 mins until it starts to turn golden.
- ☐ Add the ginger, garlic and chilli and cook for 1-2 mins. Stir in the sugar and spices for 1 min, then splash in the vinegar and tomatoes. Season with salt and simmer for 5 mins, stirring, until the sauce thickens.
- ☐ Stir in the prawns, reduce the heat and cook for 8-10 mins until cooked through if the sauce gets really thick, add a splash of water.
- ☐ Remove from the heat, stir though most of the coriander.
- ☐ Serve straight from the dish scattered with the remaining coriander and the rice, yogurt, chutney and salad in separate bowls.

Nutrition Facts



Properties

Glycemic Index:75.5, Glycemic Load:10.81, Inflammation Score:-10, Nutrition Score:13.151304348655%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg

Nutrients (% of daily need)

Calories: 274.05kcal (13.7%), Fat: 8.48g (13.05%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 28.72g (9.57%), Net Carbohydrates: 25.08g (9.12%), Sugar: 16.91g (18.78%), Cholesterol: 161mg (53.67%), Sodium: 263.43mg (11.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.14g (46.28%), Copper: 0.65mg (32.45%), Vitamin E: 4.31mg (28.75%), Vitamin C: 23.69mg (28.72%), Phosphorus: 279.32mg (27.93%), Manganese: 0.43mg (21.4%), Potassium: 708.31mg (20.24%), Magnesium: 69.19mg (17.3%), Iron: 2.84mg (15.76%), Fiber: 3.64g (14.56%), Vitamin B6: 0.28mg (14.24%), Calcium: 129.46mg (12.95%), Vitamin K: 13µg (12.38%), Zinc: 1.85mg (12.34%), Vitamin A: 411.04IU (8.22%), Vitamin B1: 0.12mg (7.76%), Vitamin B3: 1.48mg (7.42%), Folate: 26.22µg (6.56%), Vitamin B2: 0.09mg (5.58%), Selenium: 2.9µg (4.15%), Vitamin B5: 0.38mg (3.77%)