



Prawn & coconut curry



Gluten Free



Dairy Free

READY IN



32 min.

SERVINGS



8

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 onions sliced
- ☐ 1 thumb-size piece root ginger grated
- ☐ 4 garlic cloves crushed
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 0.5 tsp turmeric
- ☐ 1 tbsp ground coriander
- ☐ 400 ml canned tomatoes chopped canned
- ☐ 100 g creamed coconut chopped

- ☐ 1 tbsp mango chutney
- ☐ 1 chilli green halved deseeded sliced
- ☐ 600 g prawn raw peeled
- ☐ 1 handful coriander chopped
- ☐ 1 juice of lemon
- ☐ 1 large pepper green deseeded sliced quartered

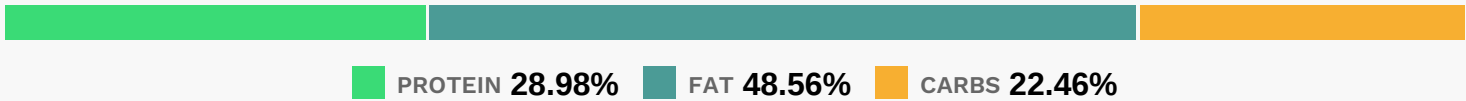
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Fry the onions, ginger and garlic in the oil for about 10 mins. Stir in the turmeric and coriander, then fry for 1 min more. Tip the mixture into a blender with the tomatoes and creamed coconut, then blend to a pure.Return to the pan with 300ml water, the chutney, chilli and pepper and simmer for 10 mins. You can freeze it at this stage.Stir in the prawns and cook for a few mins more until they turn pink take care not to overcook them or theyll become tough.
- ☐ Add the coriander, then season to taste with salt, pepper and lemon juice just before serving.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:2.77, Inflammation Score:-8, Nutrition Score:10.197826022687%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 226.35kcal (11.32%), Fat: 12.88g (19.81%), Saturated Fat: 8.14g (50.86%), Carbohydrates: 13.4g (4.47%), Net Carbohydrates: 11.03g (4.01%), Sugar: 5.44g (6.05%), Cholesterol: 120.75mg (40.25%), Sodium: 183.54mg (7.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.29g (34.57%), Vitamin C: 26.57mg (32.21%), Manganese: 0.58mg (29%), Copper: 0.53mg (26.48%), Phosphorus: 221.6mg (22.16%), Potassium: 522.18mg (14.92%), Vitamin E: 2.19mg (14.58%), Magnesium: 56.31mg (14.08%), Vitamin B6: 0.22mg (10.95%), Zinc: 1.53mg (10.22%), Iron: 1.82mg (10.09%), Fiber: 2.37g (9.46%), Calcium: 85.61mg (8.56%), Vitamin K: 6.12µg (5.83%), Vitamin B1: 0.08mg (5.12%), Vitamin A: 220.46IU (4.41%), Vitamin B3: 0.88mg (4.39%), Folate: 16.58µg (4.14%), Vitamin B2: 0.06mg (3.51%), Vitamin B5: 0.32mg (3.17%), Selenium: 0.89µg (1.27%)