



Prawn & pea korma

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 2 onion thinly sliced
- ☐ 3 tbsp miso
- ☐ 1 cinnamon sticks
- ☐ 400 ml veggie broth
- ☐ 200 g rice rinsed
- ☐ 200 g peas frozen
- ☐ 200 g greek yogurt

- ☐ 200 g shrimp frozen cooked
- ☐ 50 g almond flour
- ☐ 0.5 small cilantro leaves

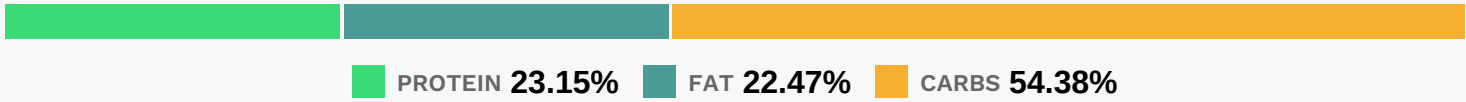
Equipment

- ☐ frying pan

Directions

- ☐ Heat the vegetable oil in a large frying pan with the onions and soften for 10 mins.
- ☐ Add the korma paste and cinnamon and fry for 3 mins more.
- ☐ Pour in the stock and simmer for another 3 mins.
- ☐ Meanwhile, cook the basmati rice following pack instructions.
- ☐ Tip peas and prawns into the korma sauce and gently cook until piping hot. Stir in the Greek yogurt, almonds and seasoning. Discard cinnamon, scatter with coriander and serve with the rice.

Nutrition Facts



Properties

Glycemic Index:68.88, Glycemic Load:29.26, Inflammation Score:-7, Nutrition Score:16.895652200865%

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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg

Nutrients (% of daily need)

Calories: 451.11kcal (22.56%), Fat: 11.39g (17.52%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 62.01g (20.67%), Net Carbohydrates: 55.09g (20.03%), Sugar: 8.96g (9.95%), Cholesterol: 83mg (27.67%), Sodium: 957.79mg (41.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.4g (52.8%), Manganese: 1.1mg (55.22%), Phosphorus: 323.4mg (32.34%), Vitamin C: 24.17mg (29.3%), Fiber: 6.92g (27.68%), Copper: 0.48mg (24.03%),

Vitamin K: 23.71µg (22.58%), Selenium: 14.6µg (20.85%), Calcium: 169.1mg (16.91%), Zinc: 2.54mg (16.91%), Vitamin B2: 0.28mg (16.25%), Magnesium: 64.21mg (16.05%), Vitamin B6: 0.29mg (14.58%), Vitamin B1: 0.22mg (14.48%), Potassium: 494.15mg (14.12%), Iron: 2.41mg (13.41%), Folate: 53.08µg (13.27%), Vitamin A: 627.71IU (12.55%), Vitamin B3: 2.14mg (10.72%), Vitamin B5: 0.84mg (8.4%), Vitamin B12: 0.36µg (6%), Vitamin E: 0.44mg (2.95%)