



Prawn, pea & tomato curry



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 2 onions halved cut into 6 wedges
- ☐ 6 tomatoes ripe cut into 8 wedges
- ☐ 1 large knob root ginger fresh chopped
- ☐ 6 garlic cloves roughly chopped
- ☐ 3 tbsp curry paste (we used Patak's tikka masala paste)
- ☐ 400 g king prawn raw shelled
- ☐ 250 g pea frozen

- ☐ 1 small bunch coriander chopped
- ☐ 4 servings chapatis

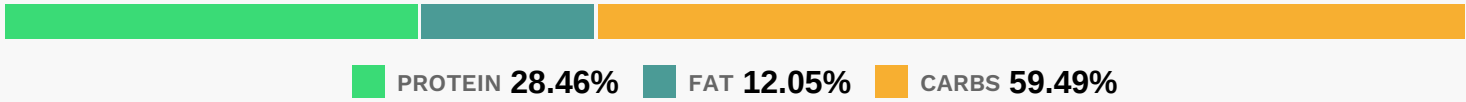
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Heat the oil in frying pan, then fry the onions over a medium heat until soft and beginning to brown, about 5 mins. Meanwhile, reserve 8 of the tomato wedges, then whizz the remainder in a food processor with the ginger and garlic.
- ☐ Add the curry paste to the pan for 30 secs. Stir through the tomato mix and remaining tomato wedges, then bubble over a high heat for 5 mins, stirring so the sauce doesnt catch.
- ☐ Mix in the prawns and peas; simmer until prawns are pink and cooked through. Scatter with coriander, then serve with rice.

Nutrition Facts



Properties

Glycemic Index:61.05, Glycemic Load:29.24, Inflammation Score:-10, Nutrition Score:24.226956180904%

Flavonoids

Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg 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: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 13.37mg, Quercetin: 13.37mg, Quercetin: 13.37mg, Quercetin: 13.37mg

Nutrients (% of daily need)

Calories: 430.97kcal (21.55%), Fat: 5.82g (8.96%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 64.67g (21.56%), Net Carbohydrates: 56.29g (20.47%), Sugar: 10.17g (11.3%), Cholesterol: 161mg (53.67%), Sodium: 137.15mg (5.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.94g (61.88%), Vitamin A: 3454.6IU (69.09%), Manganese: 1.2mg (59.8%), Folate: 173.21µg (43.3%), Phosphorus: 432.56mg (43.26%), Copper: 0.81mg (40.43%), Vitamin C: 32.5mg (39.39%), Fiber: 8.38g (33.53%), Potassium: 1037.72mg (29.65%), Vitamin K: 28.43µg (27.08%),

Magnesium: 107.17mg (26.79%), Zinc: 3.12mg (20.79%), Vitamin B6: 0.41mg (20.54%), Iron: 3.48mg (19.31%), Vitamin B1: 0.26mg (17.49%), Calcium: 148.26mg (14.83%), Selenium: 9.44µg (13.49%), Vitamin B3: 2.26mg (11.3%), Vitamin E: 1.57mg (10.44%), Vitamin B5: 0.99mg (9.94%), Vitamin B2: 0.12mg (6.77%)