



Quick prawn, coconut & tomato curry



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp vegetable oil
- ☐ 1 medium onion thinly sliced
- ☐ 2 garlic clove sliced
- ☐ 1 to 2 chilies slit green deseeded sliced
- ☐ 3 tbsp curry paste
- ☐ 1 tbsp tomato purée
- ☐ 200 ml vegetable stock
- ☐ 200 ml full fat coconut cream

- ☐ 350 g shrimp raw
- ☐ 1 sprigs rice

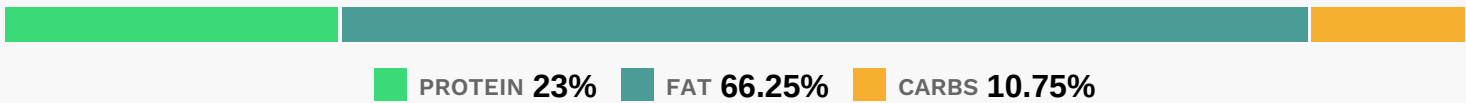
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large frying pan. Fry the onion, garlic and half the chilli for 5 mins or until softened.
- ☐ Add the curry paste and cook for 1 min more.
- ☐ Add the tomato pure, stock and coconut cream.
- ☐ Simmer on medium heat for 10 mins, then add the prawns. Cook for 3 mins or until they turn opaque. Scatter on the remaining green chillies and coriander sprigs, then serve with rice.

Nutrition Facts



Properties

Glycemic Index:40.8, Glycemic Load:1.11, Inflammation Score:-8, Nutrition Score:10.361739181954%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, 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: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 335.99kcal (16.8%), Fat: 25.7g (39.54%), Saturated Fat: 17.09g (106.79%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 6.9g (2.51%), Sugar: 2.97g (3.3%), Cholesterol: 140.88mg (46.96%), Sodium: 344.96mg (15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.08g (40.16%), Manganese: 0.76mg (38.02%), Vitamin A: 1898.75IU (37.97%), Copper: 0.56mg (28.05%), Phosphorus: 261.29mg (26.13%), Potassium: 459.86mg (13.14%), Magnesium: 48.93mg (12.23%), Vitamin K: 12.78µg (12.17%), Zinc: 1.74mg (11.6%), Iron: 2.06mg (11.45%), Fiber: 2.48g (9.93%), Calcium: 87.16mg (8.72%), Vitamin C: 6.64mg (8.05%), Folate: 17.4µg (4.35%), Vitamin E: 0.64mg (4.28%), Vitamin B6: 0.08mg (4.04%), Vitamin B3: 0.56mg (2.78%), Vitamin B1: 0.03mg (2.14%), Vitamin B5: 0.2mg (1.95%)