



Red Curry of Lobster and Pineapple



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings rice hot steamed for serving
- ☐ 1.5 tablespoons fish sauce (nam pla)
- ☐ 0.5 cup basil fresh
- ☐ 4 slices ginger fresh peeled
- ☐ 8 ounces long beans chinese ends trimmed
- ☐ 1.5 cups seasoning cubes fresh peeled ()
- ☐ 1 tablespoon brown sugar light packed grated () (jaggery)
- ☐ 2 kaffir lime leaves grated

- ☐ 16 ounce lobster tail pieces split uncooked
- ☐ 2 tablespoons curry paste red
- ☐ 4 servings salt
- ☐ 1.5 teaspoons tamarind paste
- ☐ 14 ounce coconut milk unsweetened canned

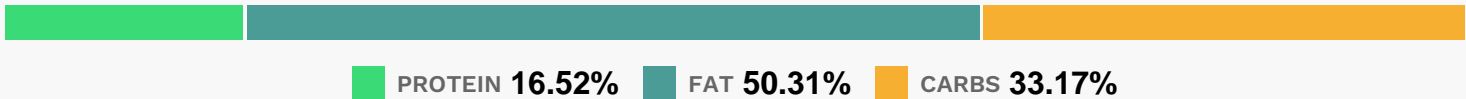
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Simmer 1/4 cup of the coconut milk in a heavy large saucepan over medium heat for 5 minutes, or until the oil separates from the milk. Stir in the curry paste and cook for 1 minute.
- ☐ Add the fish sauce and sugar and cook for 2 minutes, stirring constantly, or until the mixture darkens and thickens.
- ☐ Add the green beans and stir to coat.
- ☐ Add the remaining coconut milk and stir to scrape up the browned bits on the bottom of the pan. Stir in the ginger, lime leaves, and tamarind paste.
- ☐ Add the pineapple and simmer for 3 minutes, stirring occasionally, or until the sauce reduces and thickens slightly and the beans are crisp-tender.
- ☐ Add the lobster and basil leaves and cook for 4 minutes, or until the lobster is just cooked through.
- ☐ Discard the ginger and lime leaves. Season the curry with salt to taste.
- ☐ Transfer one half lobster tail to each warmed serving bowl, and spoon the curry over it.
- ☐ Serve the steamed rice on the side.

Nutrition Facts



Properties

Glycemic Index:64.75, Glycemic Load:24.96, Inflammation Score:-9, Nutrition Score:18.051739329877%

Nutrients (% of daily need)

Calories: 458.94kcal (22.95%), Fat: 26.43g (40.66%), Saturated Fat: 21.36g (133.49%), Carbohydrates: 39.21g (13.07%), Net Carbohydrates: 36.21g (13.17%), Sugar: 8.86g (9.85%), Cholesterol: 63.23mg (21.08%), Sodium: 1435.28mg (62.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.53g (39.06%), Manganese: 1.47mg (73.65%), Selenium: 33.83µg (48.33%), Copper: 0.8mg (39.86%), Vitamin A: 1832.81IU (36.66%), Magnesium: 100.49mg (25.12%), Phosphorus: 223.68mg (22.37%), Vitamin C: 14.83mg (17.98%), Zinc: 2.43mg (16.21%), Iron: 2.86mg (15.89%), Folate: 62.67µg (15.67%), Potassium: 545.29mg (15.58%), Vitamin K: 12.62µg (12.02%), Fiber: 3g (11.99%), Vitamin B3: 2.06mg (10.3%), Calcium: 102.38mg (10.24%), Vitamin B5: 1.01mg (10.07%), Vitamin B6: 0.19mg (9.52%), Vitamin B1: 0.12mg (8.15%), Vitamin B12: 0.43µg (7.15%), Vitamin B2: 0.09mg (5.17%), Vitamin E: 0.49mg (3.26%)