



Thai prawn, potato & vegetable curry



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 4 tbsp curry paste green
- ☐ 1 lemon grass finely chopped
- ☐ 2 bell pepper red cut into chunky strips
- ☐ 450 g baby potatoes halved
- ☐ 800 g coconut milk canned
- ☐ 300 ml chicken stock see
- ☐ 5 kaffir lime leaves

- ☐ 1 bunch spring onion sliced
- ☐ 225 g peas frozen
- ☐ 600 g shrimp raw
- ☐ 100 g baby spinach
- ☐ 2 tbsp thai fish sauce
- ☐ 1 bunch cilantro leaves leaves picked
- ☐ 1 juice of lime

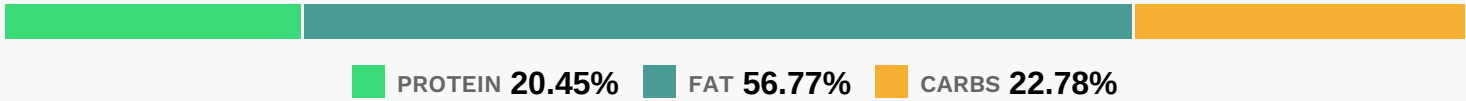
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat oil in a large frying pan or wok. Fry the curry paste and lemongrass for 1 min, until fragrant. Tip in peppers and new potatoes, then stir them to coat in the paste. Cook for 1-2 mins.
- ☐ Pour in coconut milk, stock and kaffir lime leaves, then bring to the boil. Simmer and cook for 15 mins, until potatoes are just tender.
- ☐ Add remaining ingredients, but if youre freezing dont add spinach or coriander yet, and cook until the prawns turn pink, about 4 mins.
- ☐ Serve, with some extra lime wedges, if you like, or cool before freezing in containers.

Nutrition Facts



Properties

Glycemic Index:32.01, Glycemic Load:8.76, Inflammation Score:-10, Nutrition Score:26.256521613702%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol:

1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 412.78kcal (20.64%), Fat: 27.26g (41.93%), Saturated Fat: 21.83g (136.46%), Carbohydrates: 24.61g (8.2%), Net Carbohydrates: 18.27g (6.64%), Sugar: 8.11g (9.02%), Cholesterol: 121.89mg (40.63%), Sodium: 528.97mg (23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.09g (44.17%), Vitamin C: 69.43mg (84.15%), Vitamin K: 80.44µg (76.61%), Vitamin A: 3602.11IU (72.04%), Manganese: 1.34mg (67.02%), Copper: 0.72mg (36.05%), Phosphorus: 350.13mg (35.01%), Potassium: 974.28mg (27.84%), Magnesium: 109.85mg (27.46%), Fiber: 6.34g (25.36%), Folate: 88.8µg (22.2%), Iron: 3.78mg (21.02%), Vitamin B6: 0.4mg (20.18%), Zinc: 2.42mg (16.16%), Vitamin B3: 3.07mg (15.33%), Vitamin B1: 0.19mg (12.61%), Selenium: 8.31µg (11.87%), Calcium: 109.59mg (10.96%), Vitamin B2: 0.14mg (8.49%), Vitamin E: 1.23mg (8.19%), Vitamin B5: 0.5mg (4.99%)