



Thai prawn, squash & pineapple curry



Gluten Free



Dairy Free

READY IN



47 min.

SERVINGS



8

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g use ready-made thai curry paste green homemade (see recipe in tips, below)
- ☐ 50 ml fish sauce
- ☐ 600 g butternut squash cubed peeled
- ☐ 700 ml coconut milk well canned (buy 2 cans and reserve 100ml if you're making the rice, see 'goes with')
- ☐ 400 ml chicken stock see
- ☐ 400 g pineapple chunks fresh (or from a can)
- ☐ 400 g bamboo shoot sliced
- ☐ 10 kaffir lime leaves

- ☐ 600 g prawn raw shelled
- ☐ 1 bunch thai basil leaves picked

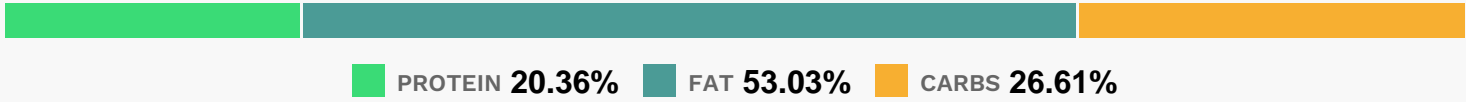
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ In your largest pan or wok, stir the curry paste and 100ml water for a few mins until fragrant.
- ☐ Add the fish sauce and cook for 1 min more.
- ☐ Stir in the squash, add the coconut milk and stock, then bring to the boil.
- ☐ Add the pineapple, bamboo shoots and lime leaves. Cook for 15 mins or until the squash is soft. Can be frozen at this point.
- ☐ Add the prawns and Thai basil, and simmer for 1 min more. Leave to rest for 5 mins, then taste for seasoning.
- ☐ Serve with lime wedges and green chillies, if you like.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.3, Inflammation Score:-10, Nutrition Score:20.30043468268%

Nutrients (% of daily need)

Calories: 390.97kcal (19.55%), Fat: 24.28g (37.36%), Saturated Fat: 19.81g (123.8%), Carbohydrates: 27.42g (9.14%), Net Carbohydrates: 21.68g (7.88%), Sugar: 15.49g (17.21%), Cholesterol: 122.27mg (40.76%), Sodium: 663.7mg (28.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.98g (41.97%), Vitamin A: 11996.51IU (239.93%), Manganese: 1.09mg (54.68%), Copper: 0.73mg (36.41%), Vitamin C: 25.9mg (31.39%), Phosphorus: 304.7mg (30.47%), Magnesium: 107.49mg (26.87%), Potassium: 871.3mg (24.89%), Fiber: 5.74g (22.98%), Iron: 3.5mg (19.47%), Vitamin B6: 0.31mg (15.35%), Calcium: 151.13mg (15.11%), Zinc: 2.18mg (14.52%), Vitamin B3: 2.74mg (13.69%), Vitamin B1: 0.18mg (12.06%), Selenium: 8µg (11.44%), Folate: 44.79µg (11.2%), Vitamin E: 1.56mg (10.41%), Vitamin K: 5.52µg (5.25%), Vitamin B5: 0.52mg (5.18%), Vitamin B2: 0.09mg (5.05%)