

**QUICK PRAWN CURRY**

🕒 10 minutes

🕒 15 minutes

🍴 2 portions

INGREDIENTS

- 1 tsp of olive oil, (5 g)
- 1 clove of garlic, raw (3 g)
- 3 tsps of korma paste (81 g)
- 300 grams of Green King Prawns without tails
- 200 grams of Gai Lan, chopped
- 1 medium zucchini, chopped (196 g)
- 100 grams of beans, trimmed & chopped
- 1/4 cup of coriander (4 g)
- 200 grams of coconut Milk

COOKING METHOD

- 1° Heat oil in a large wok or non-stick frying pan over medium-high heat. Add garlic and korma paste. Cook, stirring, for 30 seconds. Add prawns and stir to coat in spice mix.
- 2° Add coconut milk and bring to a simmer. Add gai lan and zucchini, cover and simmer for 2 minutes. Add beans. Simmer, covered for a further 2-3 minutes or until vegetables are just cooked through. Stir through coriander.
- 3° Divide curry between bowls and serve.
- 4° NOTE: You can use frozen prawn meat for this recipe, thaw before using. Look for 'lightly dried' coriander in the fresh fruit and veg aisle at the supermarket. It has great flavour and colour.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (544 g)	% DRI
ENERGY	54 kcal	292 kcal	15 %
FAT	3 g	15 g	24 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	4 %
CHOLESTEROL	35 mg	189 mg	63 %
SODIUM	352 mg	1913 mg	80 %
CARBOHYDRATE	2 g	14 g	5 %
SUGARS	1 g	7 g	—
FIBER	1 g	3 g	14 %
PROTEIN	5 g	25 g	—