

# Prawn and vegetable curry

Serves:4 Time:25 minutes



This easy prawn curry has been made using store cupboard ingredients and frozen vegetables for convenience! No fuss curry that can be made in a hurry!

## Ingredients

- Low calorie spray oil
- 150g prawns – fresh or defrosted
- 1 onion - diced
- 2-3 cloves garlic – finely chopped
- 2 tablespoons medium curry powder
- 150g frozen mixed vegetables
- 150g frozen spinach
- 1 x 400g tin tomatoes
- Basmati rice to serve

## Method

1. Fry onion and garlic using spray oil over a medium heat for 2-3 minutes then add curry powder and fry for a further 2 minutes.
2. Add prawns to the pan and fry for 3 minutes
3. Add tinned tomatoes, spinach and mixed vegetables, bring to the boil then reduce heat to medium/low and simmer for 15 minutes.
4. Cook your rice whilst curry is simmering then serve!

**Nutritional information per serving:(inc.100g cooked rice):**  
267 Calories, 44g Carbohydrate, 14g Protein, 2.7g fat, 6.5g fibre, 0.9g salt

## Extra tips:

- Use whatever vegetables you like!
- Use dried / lazy garlic if you don't have fresh
- Replace prawns for chicken/ beef for variety or chickpeas for a vegetarian/vegan alternative.
- Serve with basmati rice or a chappati
- For a low carbohydrate alternative serve with cauliflower / broccoli rice