

Creamy Prawn & Spinach Curry with Brown Rice

Succulent prawns and tender spinach gently cooked in a rich, creamy curry sauce infused with fragrant spices and warming aromatics. Served alongside fluffy brown rice, this satisfying dish combines delicate seafood with bold curry flavours and a touch of freshness from the spinach.

Nutritional Info

Calories: 397 kcal
Carbohydrates: 51 g
Protein: 30 g
Fat: 9 g

Ingredients

- Prawns
- Baby Spinach
- Baby Potatoes
- Garlic Clove
- Ginger
- Onion
- Cherry Tomato
- Tomato puree
- Mango Chutney
- Brown Rice
- Curry Powder
- Creamed Coconut
- Vegetable Stock Cube

Your Pantry

- Olive Oil
- Salt
- Pepper

Allergens

Crustasceans (Prawns)
Nuts (Mango chutney may contain traces of nuts)
Mustard (Curry Powder)
Celery (Stock cube)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.

METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) *Boil the kettle*

2) *Cook the rice*

Add the rice to a saucepan of boiling water with a pinch of salt for 20 minutes or until cooked through. Drain and set aside.

3) *Prepare the vegetables*

Peel and finely chop the onion. Peel and crush the garlic. Finely grate about ½ tsp of ginger per person. Halve the cherry tomatoes. Make stock up to 150ml per person (for one person portion just use half a cube). Crumble in the creamed coconut and mix well. Set aside.

4) *Get the aromatics going*

Place a large non-stick pan on medium heat. Once hot, add a drizzle of oil and then add the onions cooking for 3 - 4minutes or until soft and beginning to caramelise. Add the garlic, ginger and cherry tomatoes and cook for another minute. Add the curry powder and tomato puree and continue to cook for a further minute to release the aromatics.

5) *Make the curry*

Add the coconut stock mix and mango chutney to the pan and stir well. Bring it to a simmer for 3-4 minutes, then add in the prawns. Simmer for a further 5-7 minutes or until the prawns are just done (pink and cooked through, but not rubbery). Stir in the spinach and cook until wilted down then switch off the heat. Taste and season with salt and pepper as needed.

6) *Serve the dish*

Serve the curry on top of the rice and enjoy!

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