

Simple Prawn, Mushroom and Spinach Curry

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/spinach-prawn-recipe-indian>

Ingredients:

- 3 tablespoons rapeseed oil
- 2 onions finely sliced
- 1 block ginger frozen, & garlic, or 3 large cloves crushed garlic + 1 tbsp grated ginger
- 2 1/2 tablespoons medium curry powder I used Tikka
- 2 11/16 cups chopped tomatoes
- 2/3 pound prawns cooked and peeled
- 2 5/8 cups chestnut mushrooms
- 6 2/3 cups spinach Frozen leaf, 8 blocks
- 3/4 cup coconut milk made with 3 tbsp coconut milk powder & 175mls water
- 2 pinches sea salt

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 80 milligrams
4. Fat: 22 grams
5. Fiber: 6 grams
6. Protein: 18 grams
7. SaturatedFat: 10 grams
8. Sodium: 250 milligrams
9. Sugar: 8 grams

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