

Prawn & Coconut Curry

Yield: 8 min
Total Time: 32 min

Recipe from: <https://www.recipeschoose.com/recipes/prawns-coconut-curry-recipe-indian>

Ingredients:

- 2 onions sliced
- 1 piece fresh root ginger grated
- 4 garlic cloves crushed
- 2 tablespoons sunflower oil
- 1/2 teaspoon turmeric
- 1 tablespoon ground coriander
- 1 11/16 cups chopped tomatoes in rich juice
- 1 1/4 cups coconut cream, chopped
- 1 tablespoon mango chutney
- 1 green chilli halved, deseeded and sliced at an angle
- 7 ounces prawn bags large, raw, peeled, thawed if frozen, drained
- 1 handful coriander chopped
- 1 lemon

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 25 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. SaturatedFat: 4 grams
8. Sodium: 25 milligrams
9. Sugar: 4 grams

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