

Prawn and Lentil Curry



Serves
4 people

Prep Time

Cooking

Total Time

Calories
453 kcal

Stuff that's in it:

- 400G Raw Jumbo King Prawns
- 240G Onions (Diced)
- 60G Pataks Jalfrezi Curry Paste
- 1 Can Light Coconut Milk
- 100G Greek Style Yoghurt With Coconut
- 10G Fresh Coriander (Finely Chopped)
- 1Tbsp Oil
- 2 Red Peppers (Diced)
- 1Tsp Fennel Seeds
- ½ Fresh Chilli (Finely Chopped)
- 1 Can Chopped Tomatoes
- 300G Broccoli Florets
- 200G Red Split Lentils

What you do:

Heat the oil in a large high sided pan

Add the onion, Chili, nigella seeds and fennel

Cook for Around 5 minutes until softened and fragrant

Stir in the curry paste, lentils, then add the tomatoes, then the coconut milk, stir through the chopped coriander, add half a can of water then

Bring to the boil and simmer for 15 minutes

While it's simmering, try not to let it stick to the bottom

Add the cooked prawns and simmer for another 10 minutes

Steam the broccoli florets

Once the lentils are cooked, take off the heat and stir through the coconut yoghurt

Serve with the steamed broccoli and a dollop of yoghurt

Nutrition

- Carbs: 44g
- Fat: 14g
- Protein: 45g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

www.fitfastcook.com