

# HEALTHY COOKING

## ▶ PRAWN CURRY



SERVES 2

### INGREDIENTS

- ▶ 500g uncooked prawns
- ▶ 1 Tbs coconut oil
- ▶ 2 cloves garlic, crushed
- ▶ 1 Tbs fresh ginger, grated
- ▶ 1 chilli, diced
- ▶ 1 tsp turmeric
- ▶ 1 tsp cumin
- ▶ Pinch of cinnamon
- ▶ Pinch of cardamom
- ▶ 3 Tbs water
- ▶ 4 Tbs (60g) plain yoghurt
- ▶ Juice of ½ a fresh lime
- ▶ Fresh coriander

Shell and devein prawns leaving the tails intact. Heat oil and spices (except coriander) until aromatic, add in prawns and cook until they have just changed colour. Add in water, yoghurt and lime and mix until combined.

Serve with rice substitute if desired (find this recipe on our website) - not included in nutritional analysis.

### Each serving:

**Protein: 30g | Carbohydrate: 1.3g | Oil: 7.5ml**

**Tip:** Double the recipe to take some for lunch the next day.