

AROMATIC PRAWN CURRY

Serves: 4



Ingredients

- Cooking oil spray
- 1/4 cup red curry paste
- 1 brown or red onion, cut into wedges
- 750g whole medium green prawns, shelled, deveined and tails left intact
- 375ml can Australian reduced fat evaporated milk
- 3 baby bok choy, cut into quarters, washed
- 1 small red capsicum, cut into strips
- 1/2 cup (50g) bean sprouts
- Cooked basmati rice, for serving

Nutritional Information:

Kilojoules 1410 kJ
Calories 336 cal
Protein 49 g
Total fat 9 g
Saturated fat 2.2 g
Carbohydrate 14 g
Sodium 1355 mg
Calcium 555 mg
Iron 3 mg
Fibre 3 g

Method

1. Lightly spray a frypan with cooking oil spray. Add curry paste and onions and cook on medium heat until onions are tender. Add prawns and cook for 1 minute or until fragrant.
2. Pour in evaporated milk, bok choy, capsicum and bean sprouts. Simmer until prawns are cooked through and vegetables are tender. Serve with basmati rice.

Tips

For extra bite, add an extra tablespoon of red curry paste. Recipe contains more than 350mg/100g sodium (salt).

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