

SallyBee



Campaigning for people to "Season with Sense"



SALLY BEE'S CREAMY PRAWN & SOY BEAN CURRY

 **Prep: 5 minutes**

 **Cook: 20 minutes**

 **Serves: 2**

INGREDIENTS:

- Drizzle olive oil
- 1 cup frozen chopped onions (or 1 fresh onion) chopped
- 1 clove garlic, crushed
- 1 tbsp garam masala
- 1 tsp turmeric
- Pinch dried chilli flakes
- Pinch fennel seeds
- 400g can reduced fat coconut milk
- 4 blocks frozen spinach
- 250g frozen soy beans
- 150g fresh mangel-wort
- 350g cooked peeled prawns
- 4/5 sliced mushrooms
- Sprinkle **LoSalt**
- Rice noodles to serve

METHOD:

1. Using a large non-stick frying pan, drizzle a little olive oil over a medium heat and sauté the chopped onions for 2-3 mins.
2. Add the crushed garlic, garam masala and turmeric. Stir to cover the onions in the spices and release the aroma.
3. Next add the chilli flakes and fennel seeds and stir.
4. Now add the reduced fat coconut milk and simmer for 5-6 mins until starting to thicken.
5. Next add the frozen spinach blocks, frozen soy beans, mangel-wort and prawns and finally the sliced mushrooms.
6. Add a pinch of **LoSalt**, mix well and pop a lid on.
7. Simmer for 6-7 mins until the veggies are cooked.
8. Serve with a small portion of rice noodles.