



**Coconut & Prawn Curry
with Kale**

Serves 2 (each serving contains
approximately 450 kcal)

PROUDLY SUPPORTING
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Ingredients

1 onion
1cm piece fresh root ginger
1 mild red chilli (optional)
150g cherry tomatoes
200g curly kale
1 lime
100g wholegrain brown rice
1 tablespoon rapeseed oil

1 teaspoon ground turmeric
3 tablespoons mild curry paste (45g)
200g tin light coconut milk
100ml vegetable stock (made from a
stock cube – reduced sodium)
150g raw peeled tiger or king prawns
(thawed if frozen)
salt (optional) and freshly ground black
pepper

Method

Cut the onion in half, then peel and thinly slice. Peel the ginger and cut into thin matchsticks. Cut the red chilli into thin rings, if using. Cut the cherry tomatoes in half. Trim the kale of any tough stalks and cut into ribbons – you need 150g in total. Cut the lime in half.

Rinse the rice in a sieve and put in a pan with 300ml of water. Bring to the boil, then reduce the heat and cover with a lid. Simmer for 25 minutes and then leave to sit for another 10 minutes for perfectly cooked rice.

Heat a wok or large frying pan over a high heat. Add the oil and swirl up the sides. Tip in the onion and season lightly with a pinch of salt, if using. Stir-fry for 8-10 minutes until the onion starts to caramelize, reducing the heat a little if you think it is browning too quickly.

Stir the turmeric and curry paste into the caramelised onion and cook for 2 minutes. Add the tomatoes, ginger and chilli, if using. Pour in the coconut milk and stock, stirring to combine. Season with freshly ground black pepper, then reduce the heat and simmer gently for 10 minutes until the cherry tomatoes begin to soften but still hold their shape.

Stir the kale and then pour in the stock, stirring to combine. Tip in the prawns and cook for another 2-3 minutes until cooked through and tender. The prawns will change colour to pink and have curled up once they are cooked through.

Squeeze in lime juice to taste.

Fluff up the rice and divide between bowls. Ladle the coconut and prawn curry into separate bowls to serve.