



## Best ever prawn curry

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Just because you've made the decision to eat optimally, need not mean you have to give up your favourite foods, and that includes good old curry. This is my most used recipe and can be adapted to suit a variety of tastes - you can use chicken instead of prawns, or red lentils instead of chickpeas. I use a ready made sauce, but feel free to use your own. Please avoid cream based sauces as these are very high in the wrong sorts of fat - check the label.

### Ingredients (serves 4)

- 1 medium sweet potato
- 1 red pepper
- 1 red onion
- 300 g raw king prawns **or**
- 300 g chicken fillets chopped into chunks
- 1 jar curry sauce Rojan Josh or Jalfrezi (avoid Korma and other cream based sauces)
- 1/2 can chickpeas
- 1 bag spinach leaves

Chop vegetables into medium sized pieces, cook for about 10 minutes in olive oil (do not allow the oil to get too hot, once oil reaches its smoke point, it starts to release health-harming chemicals). If using chicken add now Add chickpeas and sauce - you can use red lentils but you will need to add a little extra water - about 1/4 of a pint, as the lentils will absorb moisture. Cook for 20 minutes and add prawns, allow then to cook through which will take five minutes. Then add the bag of spinach and allow to wilt. Serve with brown basmati rice, cucumber raita and popadums.



### NUTRITION NOTE

Curry is a great way to introduce pulses such as lentils or chickpeas into the diet. Pulses are great source of soluble fibre which help to maintain a healthy digestive system and reduce harmful cholesterol levels

