



Thai curry with Prawns

Ingredients

- 150 g baby Thai aubergines (or diced aubergine)
- 1 piece Lemon Grass
- 20 g galangal root, peeled and grated
- 3 tablespoons Sunflower Oil
- 150 g baby Thai aubergines (or diced aubergine)
- 150 g Beansprouts
- 150 g red pepper, deseeded and sliced
- 100 g spring onions, sliced
- 1 tablespoon Thai green curry paste
- 60 g Maggi Coconut Milk Powder
- 20 g palm sugar
- 2 teaspoons Maggi Liquid Seasoning
- 0.5 bunch Thai basil leaves
- 4 tablespoons Maggi Chilli and Garlic Sauce
- 240 g Basmati or long grain rice (uncooked)

Instructions

1. Wash and peel the prawns (leaving the tail on) and remove the intestines with a cut on the back.
2. For the marinade: wash the lemongrass and cut into thin slices. Remove the peel from the galangal and cut into small cubes. Mix 2tbsp oil with the Maggi Chilli Sauce and Maggi Liquid Seasoning and place the peeled prawns in it for 15 minutes.
3. For the curry: wash the Thai eggplant and cut into quarters. Rinse bean sprouts. Wash the peppers, remove the seeds and white inner skin and cut into strips. Wash the spring onions and cut diagonally into slices.
4. Heat 1 tablespoon oil in a pan, fry the Thai aubergines for about 4 minutes. Add the bean sprouts, peppers and the white part of the spring onions and continue to fry. Add curry paste and toast briefly.
5. Prepare the coconut milk by making a paste with the powder and 2tbsp boiling water. Top up the coconut milk with cold water to 250ml. Add the coconut milk to the pan with an extra 200ml water. Dissolve the palm sugar in 1tbsp boiling water and add to the pan. Bring to a boil, sprinkle over the green part of the spring onions and simmer over low heat for 10 minutes.
6. Add the prawns to the curry for the last 3 minutes of the cooking time.
7. Wash the basil and cut into strips. Sprinkle over the curry after serving. Served with basmati rice.

Nutrition

Carbohydrate	24.49 g
Energy	358.62 kcal
Fat	22.19 g
Fibre	4.81 g

44 Minutes

4 portions

Protein	4.67 g
of which: saturates	9.72 g
Sodium	462.9 mg
of which: sugars	14.36 g