

# Prawn and Salmon Butter Curry

## Ingredients

- 260 g Salmon Fillets
- 170 g Frozen large prawns
- 200 g Butter beans, drained
- 250 g Cherry Tomatoes
- 1 packet Maggi Juicy Butter Chicken
- 300 g Basmati or long-grain rice, cooked (optional)
- 100 g 1 large Cucumber, cut into small pieces
- 80 g tomatoes, cut into small cubes
- 1 small red onion, finely diced
- 1 tablespoon Lemon Juice
- 1 bunch fresh coriander leaves, finely chopped

## Instructions

1. Preheat the oven to 180C (160C for fan ovens) or Gas Mark 4. Open out the bag from the top part of the Maggi sachet and place the salmon, frozen prawns, drained butter beans and cherry tomatoes into the bag.
2. Add the seasoning and 50ml water into the bag. Close the bag at the end using the red tie. Gently mix everything together by gently turning the bag.
3. Place the bag on its side into a large ovenproof dish, spreading out the ingredients. Place dish on the bottom shelf of the oven – ensure plenty of space inside the oven for the bag to inflate so that the bag doesn't touch the bars of the oven. Bake for 35-40 minutes until everything is piping hot throughout.
4. Serve the curry with the steamed rice, kachumba salad (see tip below) and top with a scattering of coriander leaves! Ta dah! Tips Make a quick Kachumba salad – chop 1 small red onion, half a cucumber, some fresh tomatoes and add to a bowl with a squeeze of lemon juice and a little seasoning. Add chopped red chilli for heat if you like.

## Nutrition

Carbohydrate	84.9 g
Energy	526.07 kcal
Fat	5.24 g
Fibre	5.71 g
Protein	32.97 g
of which: saturates	1.53 g
Sodium	277.66 mg
of which: sugars	8.21 g

60 Minutes

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