

## **Tiger Prawn Curry with Basmati Rice, 250 calories per portion**



Prep time: 15 minutes Cook time: 30 minutes Total time: 45 minutes

- Low-fat cooking spray
- 1 teaspoon black mustard seeds
- 1 x 400g tin chopped tomatoes
- 500g (1lb 2ozs) raw tiger prawns, peeled (or king prawns)
- 100g (3 1/2 ozs) low-fat natural yoghurt
- small bunch of coriander
- salt and freshly ground black pepper

### **Curry Paste**

- 1 onion, peeled and diced
- 4 cloves garlic, peeled
- 2 red chillies, de-seeded
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon garam masala
- 1 teaspoon chilli powder
- 1/2 teaspoon ground tumeric

### **Curry Sauce**

- 1/2 teaspoon salt

- juice of a lemon

**Step 1** Make the curry paste by placing all the ingredients in a food processor with 1 to 2 tablespoons of water and blending until smooth.

**Step 2** Heat a large wok or frying pan and the spray with low-fat cooking spray; add the mustard seeds and fry until they pop and release their aroma. Then add the curry sauce paste and fry for a further 3 to 4 minutes before adding 250 mls (9 fl oz) of water.

**Step 3** Stir in the tinned chopped tomatoes and cook for a further 5 minutes. Then add the prawns and simmer gently for 4 or 5 minutes, or until they are firm and pink in colour.

**Step 4** Check and adjust the seasoning if needed and then add the yoghurt and chopped coriander, gently stirring it in whilst the pan is off the heat.

**Step 5** Serve immediately with steamed (or boiled) Basmati rice; a 60g serving is 95 calories. An average naan bread is about 350 calories and a mini Weight Watchers naan bread is between 98 and 107 calories, depending on flavour.