

Thai Prawn Curry



3:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 15 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	47.6g	31.6g LCT	
		16g MCT	
Protein	12.6g		
Carbohydrate	3.2g		
Energy (calories)	491kcal		



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Ingredients	Quantity	Your recipe
Slim Noodles	100g	
Sunflower oil	23g	
Garlic puree e.g GIA	1g	
Spring onions, chopped	20g	
Mushroom, sliced	25g	
Coriander leaves, fresh, chopped	5g	
Courgette, diced	50g	
Ginger, fresh, grated	3g	
Prawns, shelled	50g	
Red chilli, finely chopped	2g	
Green pepper, diced	20g	
Thai 7 spice	3g	
Turmeric, ground	1g	
Alpro coconut milk, no sugar	50g	
K-Quik	80g	
Spinach leaves, chopped	50g	

Method:

1. Place the slim noodles in a sieve and wash under cold water and drain.
2. Heat the oil in a large frying pan.
3. Add garlic, spring onions, mushrooms, coriander, courgette, ginger, prawns, chilli, green pepper and spices, sauté until the vegetables are soft.
4. Pour in the coconut milk and **K-Quik**, simmer for another 3 minutes.
5. Add the spinach leaves and slim noodles, cook for 2 minutes.
6. Place the curry into a bowl and serve.



Always check with your dietitian what is suitable for you

- The cauliflower rice would be a perfect side dish to the curry (see recipe)

**K-Quik is a food for special medical purposes and must be used under medical supervision.
This recipe has been specifically designed for use in a ketogenic diet.
Refer to labels for allergens and other product information.**