



Prawn & Kale Madras Curry

Serves: 4

Preparation time: 10 minutes

Cooking time: 10-15 minutes

- 1 tbsp oil
- 1 onion, chopped
- 250g mushrooms, halved
- 75g Patak's Madras Curry Paste
- 410g can chickpeas, drained and rinsed
- 400g can chopped tomatoes
- 200g bag ready prepared kale
- 300g tiger prawns

Method:

Heat the oil in a large saucepan and fry the onion for 4 minutes. Add the mushrooms and fry for 1-2 minutes. Add the curry paste, then the chickpeas, tomatoes and 150ml water. Cover and simmer for 5 minutes.

Add the kale and simmer covered for 5 minutes, stirring occasionally.

Serve with freshly cooked basmati rice.

Nutritional information:

- 358kcal
- 29g protein
- 17.3g fat (of which 1.6g saturated fat)
- 23g carbohydrate (of which 5g sugar)
- 8.4g fibre
- 3.g salt