



Broccoli Sweet Potato “Rice” Shrimp Curry

Servings

2

Calories

340

Prep Time

10 minutes

Total Time

40 minutes

Skill Level

Easy

Ingredients

- 1 bag (14 ounces) Mann's Broccoli Sweet Potato “Rice”
- 1 teaspoon Canola oil
- 1 tablespoon yellow curry paste
- ½ cup lite coconut milk
- 1 large Japanese eggplant, diced (or ¼ globe eggplant)
- 1 red bell pepper, large, diced
- 10 prawns or large shrimps, preferably skin off, tail on
- 1 tablespoon Cilantro leaves, whole
- 2 lime wedges



The Method

In a medium saucepan, boil 4 cups of water with 1 teaspoon kosher salt.

In another medium saucepan over medium-high heat, add the canola oil and once hot, add the curry paste.

With a whisk, stir the paste for 30 seconds breaking up the paste a bit. Add coconut milk and continue to stir and break up the paste until fully mixed in. Add the eggplant and bell pepper, bring the curry to a simmer and put the lid on.

Simmer curry for 5-6 minutes, add prawns and continue to simmer another 6 minutes, stirring every so often.

As curry is simmering, add Mann's Broccoli Sweet Potato “Rice” and boil until soft (about 3 minutes). Drain and set aside.

Once shrimp have fully cooked, and curry has thickened slightly, serve curry over Mann's Broccoli Sweet Potato “Rice”. Garnish with cilantro



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Nutrition Facts

Serving Size: 624g | Servings: 2

Amount Per Serving

Calories 340 | Total Fat 12g (sat 4g trans 0g) | Cholesterol 60mg | Sodium 700mg | Total Carbohydrate 47g | Dietary Fiber 14g
Sugars 17g (Includes 0g Added Sugars) | Protein 15g | Vitamin D 0% | Calcium 8% | Iron 15% | Potassium 20%