

Prawn, Mango and Sweet Potato Curry

This is a really tasty curry dish and the mango adds an extra special fruity flavour.



Mustard, prawns (crustaceans) and sulphites*

Nutritional information per portion (320g):

Energy	Fat	Saturates	Sugars	Salt
777kJ 185kcal 7%	6.5g 9%	3.5g 17%	12g 13%	1.1g 19%

of an adult's reference intake.
Typical values per 100g: energy 243kJ/58kcal.

Equipment

Weighing scales
Chopping board
Sharp knife
Vegetable peeler
Can opener
Colander (optional)
Kettle
Measuring jug
Measuring spoons
Wok or large saucepan
Juice squeezer

Ingredients

Serves 4

1 medium sweet potato
1 small butternut squash
1 medium mango
OR 1 x 400g can mango
1 x 5ml spoon vegetable oil
2 x 15ml spoons red Thai
curry paste
200ml reduced-fat coconut
milk
250ml boiling water
1 lime (juice only)
250g cooked prawns
Small bunch fresh coriander
leaves (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- If you are a vegetarian, leave out the prawns – it still tastes delicious!

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Method

1. Peel the butternut squash, sweet potato and mango. Remove the seeds from the squash and the stone from the mango. If using canned mango, open the can and drain.
2. Using the knife and chopping board cut them into small cubes (the size of a dice).
3. Measure 250ml of boiling water into the measuring jug.
4. Open the tin of coconut milk – be careful here and make sure you remove the lid completely!
5. Turn on the hob. Heat the oil in the wok or saucepan and add the Thai curry paste until it sizzles.
6. Stir in the water and 200ml of coconut milk to the wok or saucepan and bring to the boil.
7. Add the sweet potato and butternut squash. Turn the heat down and cook for 15 minutes until the vegetables are soft. Test they are cooked by inserting a knife into a piece of sweet potato, if it slides in easily they are cooked.
8. Cut the lime in half and squeeze.
9. Add the lime juice, prawns and mango to the wok or saucepan and cook for 1–2 minutes, stirring regularly.
10. Finely chop the coriander if using and sprinkle on top before serving.

Something to try next time

- Swap the prawns for 250g of cooked chicken cut into 2cm pieces.

Prepare now, eat later

- This curry is best eaten straight away. But leftovers can be chilled quickly and kept in the fridge for up to 24 hours. Eat cold with crisp lettuce for a delicious lunch. Do not reheat because the curry contains cooked prawns.
- Freeze any leftover coconut milk for up to 2 months. For ease, use an ice cube tray and defrost what you need to use in other meals.

Skills used include:

Weighing, measuring, peeling, chopping, boiling/simmering and frying.