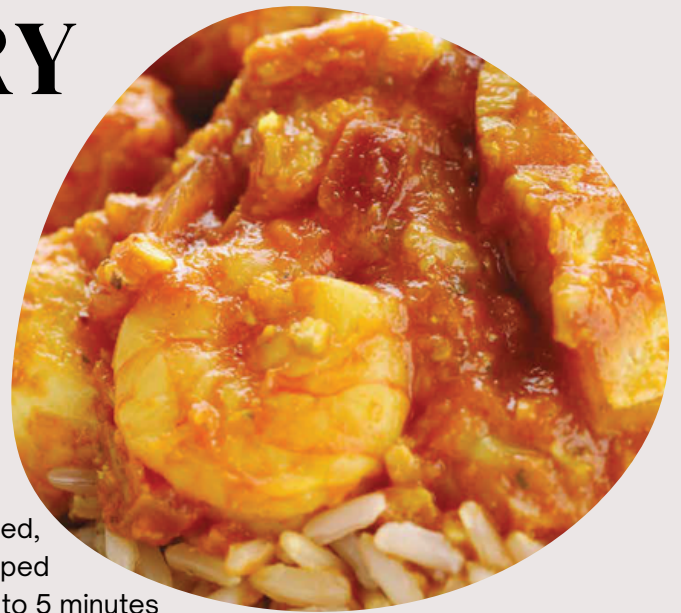


# SEAFOOD CURRY



All Phases



## Ingredients

SB	GM	ST	MN
70g	100g	100g	100g
-			

5ml	5ml	10ml	10ml
pinch	pinch	1ml	1ml
1	1	2	2
½	½	1	1
1ml	1ml	2.5ml	2.5ml
pinch	pinch	1ml	1ml
pinch	pinch	1ml	1ml
5ml	5ml	10ml	10ml

Curry paste  
Tomatoes, blanched, skinned and chopped and cooked for 3 to 5 minutes

Tomato paste  
Chilli powder or ½ chilli, seeded and chopped  
Clove(s) of garlic, split or crushed open  
Lemongrass, white part only, finely shredded  
Ground coriander  
Ground turmeric  
Ground nutmeg  
Lime juice, freshly squeezed

100g	120g	150g	200g
50ml	50ml	100ml	100ml
50g	50g	50g	100g
1ml	2.5ml	5ml	5ml
pinch	pinch	1ml	1ml
pinch	pinch	1ml	1ml

### Curry

White fish fillets (e.g. hake) cut into chunky pieces and mixed with prawns  
Ina Paarman's vegetable stock or diluted fish stock  
Onions, red, finely diced  
Sugar substitute, e.g. SUGAlite or Xylitol or Sucralose  
Herbal salt  
Freshly ground black pepper

## METHOD

### Directions

- For the curry paste, place all the ingredients into a food processor and blend well.
- Apply non-stick cooking spray to a non-stick wok over medium heat.
- Add onions and curry paste and stir-fry for 4 minutes.
- Add the fish and/or prawns and stir-fry for a further 3 minutes.
- Pour in the stock and sugar substitute.
- Simmer for 2 minutes.
- Season to taste.

Serving Tip

During MN, add 1 tablespoon ground almonds to the curry paste.  
Note that this recipe is fairly high in salt and cholesterol, so limit to once per week.  
½ medium-sized onion = ± 100g