

Thai Seafood Curry

By VICTORIA SUMMERGILL from Bath Spa University



CALORIES:

116

Kcal / 100.0

17.8% Carbs

33.8% Protein

48.4% Fat

Food Labelling...

EU Label values per 100.0

Serves6

	PER 100.0	%RI	PER 386 SERVING	%RI	
Energy(Kj)	500 kJ	6%	1931 kJ	23%	CONTAINS: CELERY FISH CRUSTACEANS
Energy(Kcal)	120 kcal	6%	462 kcal	23%	
Fat	6.2 g	9%	24 g	34%	
of which saturates	3.5 g	18%	13 g	65%	
Carbohydrate	5.3 g	2%	21 g	8%	
of which sugars	2.8 g	3%	11 g	12%	
Fibre	1.6 g	6%	6 g	24%	
Protein	9.8 g	20%	38 g	76%	
Salt	0.56 g	9%	2.2 g	37%	

Nutrient Breakdown per 100.0...

Energy		Lipid Components		Vitamins	
Energy(Kcal) 6% RI	116kcal	Saturated Fat 17% RI	3.5g	Vitamin A (ret eq) 36% RI	289ug
Energy(Kj) 6% RI	480kJ	Monounsaturated fat 4% RI	1.3g	Retinol	3.6ug
		cis-Mono	1.3g	Carotene	1307ug
Macronutrients		Polyunsaturated fat 5% RI	0.88g	Vitamin D 16% RI	0.81ug
Carbohydrate 2% RI	5.1g	Omega3(n-3) 27% RI	0.59g	Vitamin E 17% RI	2mg
Protein 20% RI	9.8g	Omega6(n-6) 1% RI	0.21g	Vitamin K 1 38% RI	28.8ug
Fat 9% RI	6.2g	cis-Poly	0.8g	Thiamin (B ₁) 12% RI	0.14mg
Water	76g	Trans-fatty acids	0g	Riboflavin (B ₂) 4% RI	0.05mg
Water from Drinks		Cholesterol	47mg	Niacin total (B ₃) 26% RI	4.2mg
Alcohol				Niacin	1.9mg
Carbohydrate		Minerals & trace elements		Tryptophan	106mg
Starch	2.2g	Sodium 9% RI	225mg	Pantothenic Acid (B ₅) 8% RI	0.47mg
Oligosaccharide		Potassium 15% RI	291mg	Vitamin B ₆ 9% RI	0.13mg
Fibre 6% RI	1.6g	Chloride 28% RI	223mg	Folates (B ₉) Total 13% RI	26.6ug
NSP	0.89g	Calcium 8% RI	61mg	Vitamin B ₁₂ 45% RI	1.1ug
Sugars 3% RI	2.8g	Phosphorus 16% RI	113mg	Biotin (B ₇) 2% RI	1.2ug
Glucose	0.83g	Magnesium 9% RI	33.1mg	Vitamin C 12% RI	9.5mg
Galactose	0g	Iron 8% RI	1.1mg		
Fructose	0g	Zinc 6% RI	0.58mg	Other	
Sucrose	0.79g	Copper 15% RI	0.15mg	GI (estimated)	39.7
Maltose	0.98g	Manganese 18% RI	0.36mg	GL	1.9
Lactose		Selenium 21% RI	11.6ug		
		Iodine 3% RI	4.2ug		

Recipe Ingredients ...	Quantity:	Description:	Cost:
Salmon, farmed, flesh only, raw	500	3.3x medium fillet	0.00
Prawns, king, raw	500		0.00
Fish stock	350		0.00
Limes, flesh only	49	1x all sizes fruit	0.00
Lemongrass, raw	38	0.6x cup	0.00
Spinach, baby, raw	200	10x cup	0.00
Coriander, fresh, raw	24	6x Average Portion	0.00
Squash, butternut, raw	1000	7.1x cup cubes	0.00
Coconut milk, canned	400	1x average can	0.00
Pak choi, steamed	375	2.5x cup, shredded/chopped	0.00
Turmeric, ground	1.1	0.5x teaspoon	0.00
Fish sauce	36	2x tablespoon	0.00
Asda Red Thai Curry Paste 220g	36		0.00
			TOTAL COST: 0.00 RRP : 0.00

Portions / Pack Sizes:

	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	386	447	0.00	

Ingredient List (QUID) ...

Butternut squash (43.2%), Salmon (21.6%) (**Fish**), Prawns (21.6%) (**Crustaceans**), Coconut milk canned (17.3%), Pak choi (16.2%), **Fish** stock (15.1%) (**Celery**), Spinach (8.6%), Limes (2.1%), Lemongrass (1.6%), **Fish** sauce (1.6%), Asda Red Thai Curry Paste 220g (1.6%), Coriander (1%), Turmeric (0.05%)
For allergens, see items in bold.

Cooking Instructions & Notes

1. Skim the thick creamy top of the tin of coconut milk and put it, over medium heat, into a large saucepan or casserole with the curry paste. Mix the coconut milk and paste together until combined.
2. Still beating gently, add the rest of the coconut milk, fish stock, fish sauce, lemongrass and turmeric.
3. Bring to the boil and then add the butternut squash. Cook on a fast simmer until it is tender, about 15 mins.
4. To the boiling pan, add the salmon and prawns. When the salmon and prawns have cooked through, which shouldn't take more than 3-4 minutes, stir in any green vegetables you're using – sliced, chopped or shredded.
5. When the pan choi's wilted, squeeze in the juice of half a lime, stir and taste and add the juice of the remaining half if you feel it needs it.
6. Chop the coriander, add to the pot and serve with jasmine rice.