

PRAWN SAAG

A tasty curry full of healthy prawns and spinach which is taken from the Amazing Inch Loss Plan diet book. The sauce also works well with chicken or, for a vegetarian version, you can substitute Quorn™ pieces.

Serves 4

Per serving: 118 calories, 1.3g fat
(excluding accompaniments)

Prep time: 10 mins

Cook time: 20 mins

METHOD

1. Rinse the prawns well under cold running water.
2. Preheat a non-stick frying pan, then dry-fry the onion for 2 - 3 minutes until soft.
3. Add the garlic and green pepper to the pan and cook for 2 - 3 minutes. Stir in the tomatoes, tomato passata and chilli, and bring the sauce to a gentle simmer, then add the prawns and the spinach and heat through.
4. Season to taste with black pepper and garnish with coriander. Serve with 1 green Portion Pot® (170g) cooked egg noodles per person.

