

Quick Seafood Yellow Curry For One

Serves: 1

Prep time: 6 minutes

Cooking time: 20 Minutes

Ingredients:

- 1 teaspoon coconut oil
- ½ onion, chopped
- 1 clove garlic, crushed
- 1 kaffir lime leaf, finely chopped
- 1 - 1½ tablespoons yellow curry paste
- 1 - 2 tablespoons water
- 250 ml coconut cream
- 4 green beans, cut into thirds
- 150g pkt. fresh broccoli & cauliflower pieces
- ¼ cup cubed pumpkin
- 250g seafood marinara mix
- ***Optional** garnish with sprigs of coriander



*Fast and Fabulous. The easiest
curry you will ever make.
Deliciously tasty, & loved by all .
Enjoy!*

Method:

- Heat oil in frying pan over medium heat
- Add the onions and garlic and stir-fry for 1 minute
- Add the curry paste, cook for 1 minute
- Add coconut cream and water, bring to the boil, reduce heat to a low simmer
- Add the vegetables, and kaffir lime leaf, cover and cook for 8-10 minutes, until vegetables are just fork-tender. **(Stir after 4 minutes cooking)**
- Add seafood to pan, stir, cover and cook for 2-3 minutes. **Do not overcook the seafood.**
- Place in a serving bowl, garnish with ***Optional** sprigs of coriander
- **Serve and Enjoy!**
- **Note:**
- Seafood marinara mix is available in the deli section of your supermarket or sold in 1kg bags in the freezer. I then divide the mix into 4 x 250g portions and freeze the remainder 3 for next time. **Thaw the marinara mix** and drain well before using.