



# Masala Ginger Prawn Curry



Lower in Sodium

## Ingredients



Prep time  
10 mins



Cook time  
20 mins



Serves  
4 pax

- 2 tsp healthier oil
- 2 red onions, diced
- 3 slices ginger, chopped
- ½ tsp fenugreek seeds
- 3 dried chillies, soaked and ground into a paste
- 3 cardamom pods, crushed
- 2½ tsp cumin seeds
- 1 tsp turmeric powder
- 1 tsp fennel powder
- Water as required
- 1 tomato, diced
- 1 red capsicum, diced
- 300g prawns, cleaned and deshelled
- A pinch of lower-sodium salt to taste
- 2 tbsp fresh mint, chopped

# Steps

**01** Heat a pan with healthier oil and fry the ginger and onions until onions are translucent.

**02** Add fenugreek seeds, chilli paste and crushed cardamom. Mix and simmer for about 2 mins.

**03** Add cumin seeds, turmeric powder, fennel powder, and mix. Add a little water if the mixture looks dry.

**04** Then, add tomato and capsicum. Cover the pan and let the mixture reduce slightly.

**05** Finally, add in the prawns. Stir to coat the prawns with the sauce and cook until prawns are pink.

**06** Season with lower-sodium salt to taste and garnish with fresh mint. Serve hot.

## Make it healthier!



Lower in Sodium

Cut back on your sodium intake with healthier choice lower-sodium salt, sauces and seasonings.



Use herbs and spices or umami-packed ingredients, such as tomatoes, instead of salt, for added depth of flavour.



Frozen foods, such as quick-frozen prawns, are budget-friendly and can be just as nutritious and delicious as fresh foods. Thaw before use and rinse briefly in clean water to remove any excess sodium that may have been added during processing.



Enjoy all foods in moderation. To reduce your sodium consumption, try adding gravy to your rice gradually as you eat, instead of soaking your rice with gravy at the start of your meal.