

Prawn and pineapple curry

Cuisine: South-East Asian

Food category: Fish



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Company: Retigo



Program steps

1 Combination 50 % Termination by time 00:12 hh:mm 90 °C + 100 %

Ingredients - number of portions - 8

Name	Value	Unit
garlic cloves, finely chopped	2	pcs
thai red curry paste	50	g
tomato	2	pcs
coconut milk	480	ml
pineapple	400	g
fish sauce	50	ml
coconut sugar	30	g
lime juice	1	pcs
shrimps, peeled and cleaned	32	pcs
kaffir leaves	6	pcs
basil	2	pcs

Nutrition and allergens

Allergens:

Minerals:

Vitamins:

Nutritional value of one portion	Value
Energy	48.3 kJ
Carbohydrate	10.2 g
Fat	0.5 g
Protein	0.4 g
Water	0 g

Directions

1. Lightly sauté the garlic and basil and set aside.
*garlic cloves, halved, stemmed, finely chopped.
2. Heat the curry paste in a saucepan and stir in 240ml of the coconut milk, the fish sauce, the tomatoes-peeled, chopped, cored and diced, pineapple, lime juice and sugar.
3. Transfer the sauce into an ovenproof container, stir in the rest of the coconut milk, the reserved garlic and basil, the kaffir leaves and the prawns.
4. Set the oven on combi at 90°C and bake for 12 minutes.
5. Serve.

Recommended accessories

