

Conchiglie prawns and vegetables with curry cream sauce

Total time **35 mins 15 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):

2,143 kJ / 508 kcal

INGREDIENTS

4 portion(s)

2	sprigs of basil
1	small yellow pepper
160 g	pointed cabbage
160 g	cherry tomatoes
240 g	conchiglie

160 g ready-to-cook prawns

2 tbsp olive oil

salt, freshly ground

pepper

160 ml favourite stock (e.g.

chicken, vegetable or fish

stock)

200 g Single cream

4 tbsp <u>Kikkoman Naturally</u>

Brewed Soy Sauce

4 tbsp sweet mustard 4 tsp curry powder Fat: **23.7** g Protein: **19** g Carbohydrates: **52.5** g

PREPARATION

Step 1

Pick the leaves off the basil, wash and pat dry. Halve the peppers, remove seeds and wash the peppers. Wash the pointed cabbage and cut into 2-3 cm squares and mix with the paprika. Wash the tomatoes.

Step 2

Cook the conchiglie according to the package instructions. Wash prawns and pat dry. Heat olive oil, add prawns and vegetables, sauté for 4-5 minutes, lightly season with salt and pepper, remove and keep warm.

Step 3

Add the stock, cream, soy sauce, mustard and curry powder to the pan, bring to the boil and reduce slightly.

Step 4

Mix vegetables, prawns and conchiglie with the sauce, arrange on plates, garnish with basil and serve.