
Jamaican Seafood Curry

A vibrant slow-cooked Caribbean curry featuring prawns and white fish in aromatic spices with okra and spinach—naturally low-glycemic and blood sugar friendly.

Prep: 20 min

Cook: 250 min

Total: 270 min

Servings: 4

GL 3.2 / GI 18

Ingredients

large onion, finely chopped

garlic cloves, crushed

5cm piece fresh root ginger, peeled and grated

medium-hot green chilli, deseeded and finely chopped

curry powder

ground cinnamon

dried chilli flakes

ground turmeric

ground cloves or allspice

nigella seeds

sweetener granules (optional)

chopped tomatoes

reduced-fat coconut milk logifoodcoach.com/recipes/jamaican-seafood-curry

okra, sliced into 3-4 pieces on the diagonal

baby spinach, plus extra leaves to serve

cherry tomatoes, halved

raw peeled prawns

skinless and boneless firm white fish fillets, cut into large chunks

lime juice

Instructions

Step 1

Place the finely chopped onion, crushed garlic, grated ginger, and chopped green chilli into your slow cooker pot. Add the curry powder, ground cinnamon, dried chilli flakes, ground turmeric, ground cloves, and nigella seeds, stirring to coat the aromatics with the spices.

Step 2

Pour in the chopped tomatoes and reduced-fat coconut milk. Add the sweetener if using, and season with freshly ground black pepper. Stir everything together until well combined, ensuring the spices are evenly distributed throughout the liquid.

Step 3

Cover the slow cooker with its lid and cook on the high setting for 1 hour, allowing the aromatic base to develop deep, complex flavors as the onions soften and the spices bloom in the coconut milk.

Step 4

After the first hour, add the sliced okra pieces to the curry base, stirring gently to incorporate. Cover again and continue cooking on high for an additional 2 hours, during which the okra will become tender and release its beneficial soluble fiber into the sauce.

Step 5

Stir in the baby spinach and halved cherry tomatoes, allowing them to wilt slightly into the curry. Add the raw peeled prawns, distributing them evenly throughout the pot.

Step 6

Season the white fish chunks lightly with black pepper, then carefully arrange them on top of the curry mixture. The fish should sit on the surface rather than being stirred in, which helps it maintain its structure during cooking.

Step 7

Cover the slow cooker once more and cook for a final hour on high, until the prawns have turned pink and opaque and the fish flakes easily with a fork, indicating both proteins are cooked through completely.

Step 8

Just before serving, stir in the fresh lime juice to brighten all the flavors. Taste and adjust seasoning if needed. Scatter fresh baby spinach leaves over the top of each serving for a vibrant garnish and extra nutrients. Serve immediately with cauliflower rice or a small portion of basmati rice for optimal blood sugar control.