

Prawn Curry Favourite

(Serves 2)



225g uncooked prawns
 ¼ tsp chilli powder
 ¼ tsp chilli flakes
 ½ tsp turmeric
 Salt to taste
 1 tsp garlic
 2 medium vine tomatoes
 1 medium red onion
 ½ tsp garamasala
 1 tbs fresh coriander stalks
 1 tbs fresh coriander leaves
 200ml hot water
 1 tbsp lemon zest
 2 tsp lemon juice
 1 tbsp rapeseed oil
 Spring onions for garnish

Preparation

Finely slice the red onion, chop the fresh coriander leaves and stalks keeping them separate. Finely slice spring onions. Skin and dice the tomatoes. (Drop tomatoes into hot water and then plunge into cold water to take off the skins)

Method

1. Heat the oil in a saucepan, when hot, fry the onions until golden brown and stir.
2. Turn the heat down to medium, add the tomatoes, salt, turmeric, chilli flakes and chilli powder.
3. Stir in the garlic, add the finely chopped coriander stalks and fry for a couple of mins.
4. Turn the heat up and add half the hot water; simmer until the tomato mixture has reduced by half, for 5-8 mins. Add the remaining water and reduce heat; simmer again for 5 mins. In the final 2 mins stir in the prawns.
5. Take off the heat, add in the lemon zest, a little lemon juice, the garamasala and fresh coriander leaves and allow the prawns to poach in the sauce. Garnish with spring onions.

Tip: Try avoiding frying the prawns as this will toughen them and tighten the membrane and stop them absorbing the spicy curry sauce. Leave to rest before serving.

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