



Taking advantage of the 3 for 2 offer on the Fish counter meant we had a pack of King Prawns. There had to be a Curry in there somewhere?

Ingredients:-

200g of Raw King Prawns
1 Tbsp of Oil
½ Tsp of Mustard Seeds
½ Tsp Black Onion Seeds
1 Onion, sliced
2 Cloves of Garlic, finely sliced
1 Tbsp of grated Ginger
¼ Tsp of Chilli Powder
¼ Tsp of Ground Coriander
½ Tsp of Turmeric
1 tin of chopped Tomatoes
1 Tsp of Tamarind Concentrate
Juice of a Lemon
50ml of Water
A pinch of Sugar
½ Tsp of Fenugreek
A pinch of Salt

Method:-

- (1) Marinade the King Prawns in Oil, Chilli Powder, Black Pepper & Lemon Juice.
- (2) Heat a large frying pan or Wok to a high heat. Add a little Oil then fry the Mustard Seeds, Black Onion Seeds, and Fenugreek.
- (3) Add the Onion and fry for a few minutes.
- (4) Add the Ginger and Garlic and fry until fragrant.
- (5) Add Chilli Powder, Ground Coriander and Turmeric. Stir in until the Onions are coated.
- (6) Pour in the Water, Tomatoes, Tamarind and bring to the boil.
- (7) Season with a pinch of Salt and a pinch of Sugar.
- (8) Turn down and simmer.
- (9) In a separate pan fry the King Prawns until cooked through.
- (10) Stir the King Prawns into the sauce.
- (11) Serve over boiled Rice and garnish with chopped Coriander.

We had ours with a Coriander and Mint Raita, Lime Pickle, Relish and a few fresh made Poppadoms.