



Rose & Prawn Coconut Curry

SERVES: 4 | TOTAL TIME: 35 MINUTES

INGREDIENTS

- **750 g large green king prawns, shelled and deveined with the tails remaining**
- **1 ½ tsp turmeric**
- **Juice of one large lime**
- **¼ tsp salt**
- **6 tbsp vegetable oil**
- **1 ½ tsp cumin seeded**
- **1 ½ tsp mustard seeds**
- **8 curry leaves**
- **2 - 3 shallots, peeled and thinly sliced**
- **3 cloves garlic, finely chopped**
- **25 g piece fresh ginger, chopped or grated**
- **1 long green chilli, finely chopped**
- **300 mL fish stock**
- **1 x 400 mL tin full-cream coconut milk**
- **140 g tomato purée**
- **1 ½ - 2 tsp natural rosewater essence**
- **¼ tsp cayenne pepper**
- **3 tbsp chopped coriander leaves plus extra to garnish**
- **Salt to taste**

DIRECTIONS

- 1. Place the prawns into a bowl, toss with the turmeric, lime juice and salt. Leave to marinate for 10 to 15 minutes.**
- 2. Heat half the oil in a casserole dish over a medium heat until hot, fry the prawns in two batches removing once they have a light golden crust and set to one side for later.**
- 3. Add the remainder of the oil to the dish and gently fry the cumin and mustard seeds with the curry leaves for 2 to 3 minutes. Add the shallot, garlic, ginger and green chilli and sauté.**
- 4. Add the fish stock and bring to the boil, simmer without the lid for 5 to 6 minutes, until the stock has reduced down a little.**
- 5. Add the coconut milk, tomato purée, rosewater, cayenne pepper and chopped coriander. Simmer on a gentle heat for a further 5 minutes and season to taste.**
- 6. Stir in the fried prawns, put on the lid and cook for a few minutes more until piping hot. Serve garnished with fresh coriander leaves and accompany with basmati rice.**

NOTE: For a milder curry, remove and discard the seeds from the fresh chilli and omit the ¼ teaspoon of cayenne pepper.