

# Goan Prawn & Coconut Curry With Cumin Rice



## Ingredients:

1 Tbsp Sunflower Oil  
1 Onion, thinly sliced  
1 Tbsp Freshly Grated Ginger  
2 Garlic Cloves, crushed  
1 Red Chilli, deseeded and sliced  
½ tsp Turmeric  
½ tsp Chilli Powder  
1 tsp Ground Coriander  
10 Curry Leaves  
1 large Potato, diced  
400 ml Can Half-Fat Coconut Milk  
8 Cherry Tomatoes, halved  
Handful Baby Spinach  
200 g Pack Raw Peeled Prawns  
For The Cumin Rice  
1 tsp Cumin Seed  
175 g Basmati Rice

## Directions:

1. Heat the oil and fry the onion, ginger, garlic and chilli for 5 mins until starting to soften.

Add the spices, curry leaves and potato, then cook for 1 min more.

Stir in the coconut milk and tomatoes, cover and leave to simmer for 10 mins until the potato is tender.

2. Add the spinach and prawns. Cook for 1 min more until the spinach wilts and the prawns turn pink.
3. Meanwhile, make the rice.

Tip the cumin into a pan and toast over a dry heat for 30 secs. Add the rice, salt to taste and 400ml water, then cover and cook for 8-10 mins until the rice is tender and the water has been absorbed. Serve with the curry.

Serves 2.

Nutrition Per Serving:

kcalories 771, protein 33g, carbs 105g, fat 22g, saturates 13g, fibre 6g, sugar 9g, salt 0.6g

**Prep Time:** 15 mins **Cooking Time:** 15 mins



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