

Hot Punjabi King Prawn Curry



Ingredients:

For the Marinade:

600g Raw King Prawns, peeled and deveined

6 tbsp. Yoghurt

2 Hot Green Chillies, finely sliced

For the Curry:

4 tbsp. Olive Oil or Sunflower Oil

1/2 tsp Cumin Seeds

2 medium Onions finely chopped

1 tbsp. finely chopped or crushed garlic

1 tsp Turmeric

2-3 Hot Green Chillies, finely sliced

2 tsp Garam Masala

2 medium Tomatoes, roughly chopped

1/2 tsp Dried Red Chilli Flakes

4 tsp Coriander Leaves, finely chopped

Directions:

1. **For the marinade:** Rinse and drain the prawns. Pat them dry and put into a non-reactive bowl. Add yoghurt, chillies and 1/2 teaspoon of salt. Mix well, cover and marinate overnight in the fridge.
2. **For the curry:** Pour the oil into a karhai, wok or heavy-based pan about 23cm in diameter and set it over a medium heat.
3. Spoon in the cumin seeds, swirl and brown for 10 seconds. Add the onions and sauté for about 10 minutes, or until brown all over.
4. Add the garlic, reduce the heat to low and stir and fry for 2 minutes. Mix in the turmeric and stir for 1 minute.
5. Add the green chillies, increase the heat to medium and stir for 1 minute. Mix in 1 1/2 teaspoons of the garam masala and stir for 1 minute.
6. Add 1/4 teaspoon of salt, all of the tomatoes and chilli flakes. Cook for 2 minutes, then add 120ml boiling water. Combine to make a thick sauce.
7. Simmer for 3 minutes, then add another 1/4 teaspoon of salt. Stir in the prawns and their marinade and cook over a medium heat until they are just opaque and cooked through.
8. Sprinkle the remaining garam masala over the top and stir. Fold in the chopped coriander and serve.

Nutrition:

Yield: 4

Prep Time: 15 mins **Cooking Time:** 25 mins
Inactive Prep Time: overnight



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