

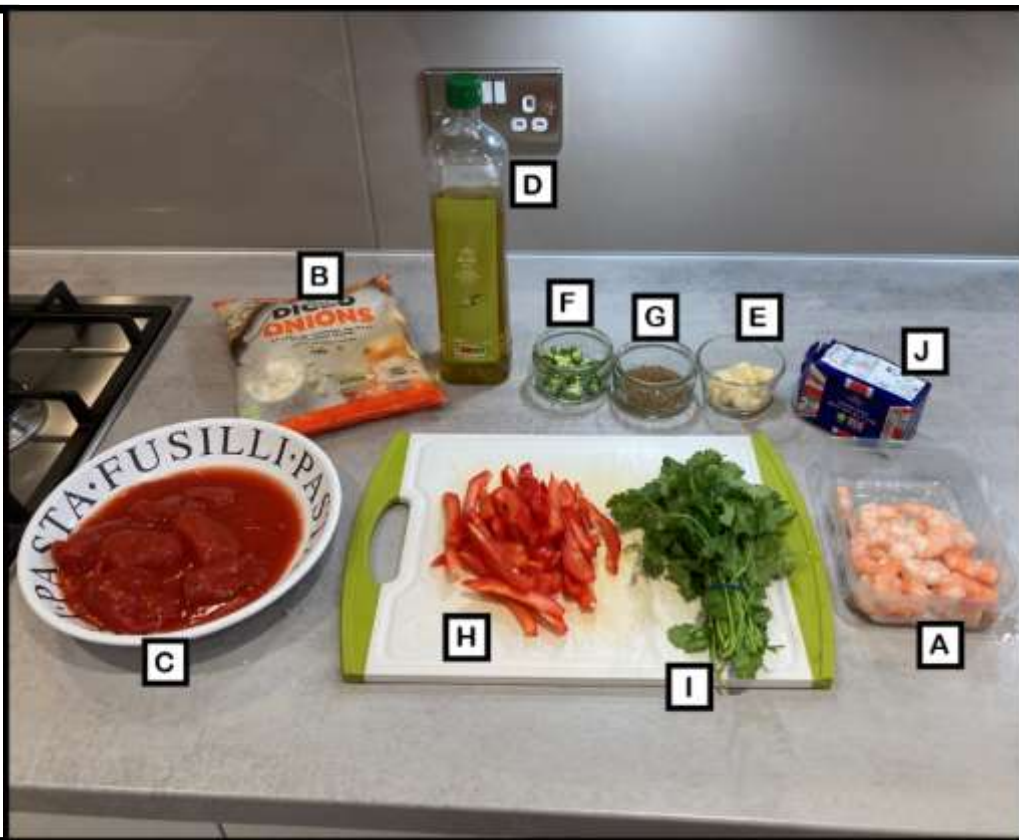
Recipe 7 – Prawn Jalfrezi

This is made as a one pan dish, you can use Chicken, Beef or Lamb with this dish

Ingredients

- A. Packet of Pre-Cooked King Prawns (approx. 12-14 Prawns)
- B. 1 small onion diced
- C. 1 x 400g tin chopped tomatoes
- D. 2 tbsp Olive Oil (or veg oil)
- E. Garlic & Ginger
 - I. 2 tsp Garlic paste
 - II. 4 tsp Ginger paste
- F. 1 green chili diced (you could also use Frozen chili)
- G. Dried Spices
 - I. 1 Tbsp ground coriander
 - II. 1 Tbs ground cumin
 - III. 1 tsp turmeric powder
 - IV. 1 tsp salt
- H. 1 red pepper sliced
- I. Small bunch fresh coriander chopped (stalks & leaves)
- J. 50g unsalted butter

Optional extras –
Rice, naan bread, natural yoghurt.



Method

- 1) Heat the oil in a heavy based pan (steel or non-stick) and add the onions. Fry for 5-10 mins or until golden brown.



- 2) On a medium heat add the ginger and garlic, stir in and cook for 1-2 minutes.



3) Keeping on a medium heat add the diced chili and cook for 2 mins.



4) Now add the dry spices (coriander, cumin & turmeric) stir in and keeping the heat on medium cook for 1-2 minutes to release all the aromas.



5) Now add the sliced red pepper & Plum tomatoes (with a little hot water from the tomato tin approx. 1/3 of the tin) and simmer for 5 mins.



6) Add the cooked Prawns & cook for a further 5 mins.



7) Finish with the coriander & butter, stir through & once the butter is incorporated you are ready to serve.



8) Serve with your favourite side, rice, naan, yoghurt etc.



Hints & Tips

- With this dish you can use Chicken, Beef or Lamb cut into bitesize chunks. They should be pre-cooked and set aside until the final stage.
- If you find the recipe too spicy or not spicy enough you can adjust by changing the amount of Chili, this carries the heat, the coriander, cumin & turmeric carry flavour.
- If you do not want to buy fresh coriander (you will not use the whole packet and the rest might go to waste) you could use the ready chopped frozen packs. Do not use the jars of dried chopped leave as the have little real flavour and you'd be better without.