

QUICK COCONUT AND TOMATO PRAWN CURRY



QUICK COCONUT AND TOMATO PRAWN CURRY

TIP- You can use the store bought curry paste green or red and skip the spices

INGREDIENTS

2 Tbsp oil

350g prawns cleaned

1 small onion finely chopped

2 cloves garlic crushed

Thumb size fresh ginger grated

2 green chillies deseeded and finely chopped

3 Tbsp curry powder

1 sprig fresh curry leaves

2 tomatoes peeled and grated

1 tbsp honey

100 ml vegetable stock

250ml coconut cream

Coriander and rice to serve

METHOD

Heat oil in a pan and brown the prawns for two minutes in batches

Set aside for later use

In the same pan add the onion, garlic, ginger and fry for 5 minutes

Add the curry powder, chillies and fry for 2 minutes

Add the tomatoes, stock, honey , curry leaves and the coconut cream

Simmer on medium heat for 8-10 minutes

Add the prawns and cook for 1 minute or until cooked

Check if need seasoning

Serve

Source and photos: Siphokazi Mdlankomo