

Prawn Coconut Curry



Serves: 4

Profitability:

Steps:

Sauté the onions in ground nut oil because it is flavourless, along with the red peppers and courgettes to give it a bit of colour

Add a splash of fish sauce, soy sauce, and leave until the vegetables are softened

Chuck in a tin of coconut milk then add the king prawns and mushrooms and poach them in the sauce

Add a handful of fresh coriander, the garlic and ginger and simmer until it bubbles

Season and serve with brown rice and a crisp, dry, white wine like a Sancerre or a Chablis

Ingredients:

500g raw tiger prawns, shells off & de-veined

3 tbsp ground nut oil

1 onion, chopped

1 courgette, chopped

1 red pepper, chopped

1 handful shiitake mushrooms

3 garlic cloves, finely grated

2.5cm/1in piece root ginger, finely grated

Small bunch fresh coriander

1 tin coconut cream

To taste soy sauce

To taste fish sauce

Salt