

Prawn Curry

This dish is based on a Madras curry from South India. It takes its name from a city called Chennai formally known as Madras. We love this strong, spicy curry with its lovely sourness, balanced out with some sweet spices. It's warming and versatile and will take lots of different protein sources from prawns, cod cheeks and monkfish to chicken, lamb or even rabbit. You can add some green lentils to boost the protein levels do experiment with different rice types. Our favourite is a long grain and brown rice mix which adds a lovely nutty flavour to the dish.

Ingredients:

170g prawns
75g basmati rice
150 ml water
1 tub Sandys homemade curry sauce
1 lime
¼ bunch of Sandys coriander roughly chopped

Method:

The Rice

- Rinse the rice in cold water until the water runs clear
- Warm the butter and coat the rice in the warm butter
- Add the water and a pinch of salt
- Bring the water up to a steady simmer slowly, as soon as it bubbles place a lid on it and cook very slowly for about 10 mins
- After 10 mins take the lid off, if there is any water left in the pan take it off the heat replace the lid for a further 3 minutes let the rest of the water get absorbed

The Curry

- Add the Sandys curry sauce to a pan
- Bring to the boil gently drop the prawns in reduce heat to a simmer and cook the prawns for about 6 minutes. If the sauce get to thick add a touch of water
- To finish, add a good squeeze of lime and the chopped coriander

Tip:

Cooking time and process depends on the protein you're cooking. If using delicate protein sources like prawns, add them to the pre-heated sauce and cook for about 6 mins. Anything less delicate like chicken dice, add to the heated sauce and bring to the boil, then simmer for about 10mins.

