

Coconut & Mango Curry with King Prawn

- 1 tbsp coconut oil
- 1 onion
- 30g sliced ginger, skin on
- 3 garlic cloves left whole and peeled
- 10 cloves
- 10 curry leaves
- 1 tsp fenugreek seeds
- 1 tbsp mustard seeds
- 1 red birds eye chilli
- ½ tsp tamarind paste
- 1 tbsp curry powder
- sea salt
- 2 tomatoes, diced
- 1 tin coconut milk 400ml
- 2 tbsp desiccated coconut
- ½ mango, diced
- 1 tbsp runny honey
- 25g baby spinach
- 250g king prawns
- 20g coriander, chopped

Making the paste is easy, no chopping or fine dicing. Heat the coconut oil in a frying pan. Add half the onion, roughly chopped. Add the ginger, garlic, cloves, curry leaves, fenugreek seeds, chilli; all whole.

Fry until onions are soft.

Place into a hand blender or smoothie maker. Add the tamarind and curry powder. Season with salt.

Blend until it becomes a smooth paste.

Slice the remaining onion. Add a little more coconut oil to the pan and fry the sliced onions until soft.

Add the paste, cook for a few minutes.

Add the tomatoes and stir through.

Add the coconut milk. pour a little water to the blender to get all remaining paste scrapings and pour into the pan.

Stir, then add the desiccated coconut, the mango and honey.

Mix well, let this bubble for 5-10 minutes.

taste for seasoning, you may need to add a little more salt.

Add the spinach and prawns.

Stir, and cook for another 5 minutes then add the coriander. Stir through then serve.