

King Prawn Tikka Masala

- Large Raw Prawns 5/6 per person, run a knife along the back of each to butterfly
- 2 cups natural yoghurt
- 1" chunk ginger
- 1" chunk fresh turmeric (or 1 tsp powder)
- 2 cloves garlic
- 1 tbsp. coriander seeds
- 1/2 tbsp. cumin seeds
- 1 tsp fenugreek seeds
- 5 green cardamoms, seeds only
- 1 stick cinnamon
- 1 star anise
- 1/2 chillies (depending on what heat you would like)
- Small bunch of fresh coriander, rough chopped
- 2 fresh tomatoes, cut into wedge
- 2 tsp. tomato puree
- 1 onion, sliced
- 1 tsp brown sugar
- Spinach a few handfuls

(You can use powder for speed of the coriander/cumin and fenugreek)

If using seeds: dry fry the coriander, cumin, cardamom, and fenugreek seeds, then put into a hand blender with about a cup of yoghurt and the tomato puree, blend to be a paste.

Heat a little oil and a knob of butter in a pan and fry the onions until they are soft, remove half and add into the paste and blend again.

Add grated ginger, turmeric, garlic and chopped chilli to the onions in the pan.

Add the star anise and cinnamon. Stir.

Pour in the yoghurt paste and mix well, let it bubble for another few minutes.

Add the rest of the yoghurt, the tomatoes, salt, and sugar.

Add a little water if it is sticking.

Taste and check for more seasoning.

Sprinkle in the coriander and the spinach.

Stir the spinach through.

Add the prawns; let this bubble away until the prawns are cooked. Do not overcook the prawns as they will shrivel up.

Once cooked serve with rice and an extra sprinkle of fresh coriander!