

Prawn Pistachio Pasanda

- Serves 2
- 1 tbsp. ghee
- 1 onion, chopped roughly
- 1/2 chillies depending on taste, removed the stem
- 3 cloves of garlic, peeled
- 50g ginger, chopped roughly (no need to peel)
- 1 heap tbsp. coriander powder
- 1 tbsp. cumin powder
- 1/2 tbsp. fenugreek powder
- 8 green cardamoms, seeds only
- 1 tsp turmeric
- 1 cinnamon stick
- 60g pistachio nuts, de-shelled
- 50g coconut cream block
- 100ml water
- 1 tbsp. tomato puree
- 200g natural yoghurt
- Juice of 1 lemon
- 1 heap tbsp. runny honey
- 2 tsp. garam masala
- 10-12 large prawns (5/6 person)

Heat the ghee and fry the onions, chilli, garlic, and ginger until the onions have softened but not browned. Add the coriander/cumin powder, fenugreek, cardamom, turmeric, cinnamon and coat the onions with these spices. Season with salt. Add all of this to a blender/ smoothie maker with the pistachios and coconut cream block. Blend to a smooth paste.

Scrape this paste back into the pan, also pour a little water into the tub and shake to get out all the paste, pour this into the pan too. Keep the heat on a simmer and cook this paste a little more, add the 100ml water. Add the tomato puree and the yoghurt.

Make sure you keep stirring as this will stick and spit a little. Add the lemon juice, honey and the garam masala and taste. Add more salt if needed.

Add the prawns and cook for 5 minutes, or until cooked.

Serve with extra chopped up pistachios sprinkled on top.