



LIVE LONGER  
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Recipe © Rosemary Conley Enterprises

## PRAWN CURRY

Serves 2

Per serving: 345 calories, 2.2g fat

Prep time: 25 minutes

Cook time: 20 minutes

## INGREDIENTS

1 medium red onion, finely chopped  
1 tablespoon tomato purée  
300ml fish or vegetable stock  
2 teaspoons tamarind paste  
2 kaffir lime leaves  
225g uncooked peeled prawns  
1 tablespoon chopped fresh coriander  
55g basmati rice per person  
1 vegetable stock cube

*For the paste:*

2 garlic cloves, peeled  
2 teaspoons ground coriander  
¼ teaspoon ground turmeric  
¼ teaspoon fenugreek seeds  
2 small whole fresh chillies  
2 cardamom pods, crushed and seeds removed

## METHOD

1. Place the vegetable stock cube in a pan of cold water and bring to the boil. Add the rice and cook as directed on the packet. When cooked, drain well and keep warm.
2. Make the paste by grinding all the paste ingredients in a food processor or liquidiser. Scrape the paste into a bowl, then rinse out the food processor or liquidiser with a little stock and add to the bowl.
3. In a non-stick pan sprayed with rapeseed oil, dry-fry the onion until soft. Add the paste and cook for 2 minutes, stirring continuously.
4. Add the remaining ingredients, (except the fresh coriander) and simmer gently for 15 minutes until the sauce thickens and the prawns are cooked through. Just before serving, stir in the fresh coriander. Serve with the boiled rice.



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