



Zesty C-Food COCONUT CURRY

cooking time: 20min

Naturally CHOLESTEROL FREE

serves
2-4



Ingredients

- 1 pack of Fry's Meat Free Crispy Prawns
- 4 tbsp oil
- 1 Onion, finely chopped
- 1 tsp Ginger and garlic paste
- 1 tsp Mustard seeds
- 2 Green chillies, sliced
- 1 tbsp Chilli powder
- 1 tbsp Garam masala
- 4 Tomatoes, grated
- 400ml Coconut milk
- 400g can of Chickpeas, rinsed and drained
- Coriander for garnish
- 1/2 Lemon, sliced

Method

Heat 2 tablespoons of oil in saucepan and add Fry's prawns. Fry until golden brown and drain and set aside. Add another 2 tablespoons of oil to saucepan and add mustard seeds, onions, chillies, ginger and garlic paste, chilli powder and garam masala. Cook till golden brown. Add tomatoes and simmer for 5 minutes.

Add chickpeas and allow to cook through. Stir in prawns and coconut milk. Simmer for 2 minutes and garnish with coriander. Serve with naan bread or couscous.

Did you know?
Lemons are a
good source of
Vitamin C

