

Thai prawn curry

Preparation and cooking time 25 minutes

Ingredients:

400ml can full fat coconut milk (use a brand free from additives e.g. Thai Gold)
2-3 tsp red or green curry paste (use a good brand like Thai Gold)
2 tsp fish sauce
250ml vegetable stock
1 packet frozen stirfry vegetables (or use a mix of fresh vegetables)
1 packet frozen prawns, defrosted
2 tbsp. cashew nuts, lightly toasted
2 tbsp. fresh coriander, finely chopped (optional)
Wholegrain rice to serve

Directions:

- Place the coconut milk in a large saucepan or wok and heat up to near boiling
- Add the curry paste, fish sauce and stock and cook for 4 minutes, stirring regularly
- Add all the frozen vegetables and cook for a further 4 minutes
- Add the prawns and cook for 2-3 minutes until cooked through
- Sprinkle with cashew nuts and coriander and serve immediately with wholegrain rice

If you prefer, replace prawns with slices of raw salmon. Or use raw sliced chicken breast, but add to sauce before vegetables and ensure fully cooked before serving. If using fresh vegetables try including broccoli, carrots, sugar snap peas, red peppers, bean sprouts or whatever vegetables you like. Cut all vegetables to the same size and add beansprouts at the end

To make the vegetable stock, use a good quality brand like Marigold, Bunalun or Kallo