



Luke Roberts Prawn Coconut Curry

(Serves 2)

Ingredients

500g/2oz raw tiger prawns, shells
off and de-veined
3 tbsp ground nut oil
1 onion, chopped
1 courgette, chopped
1 red pepper, chopped
1 handful of shiitake mushrooms
3 garlic cloves, finely grated
2.5cm/1in piece root ginger,
finely grated
small bunch fresh coriander
1 tin of coconut cream
Soy sauce (to taste)
Fish sauce (to taste)
Salt

Luke's Method

"Sauté the onions in groundnut oil because it is flavourless, along with the red peppers and courgettes to give it a bit of colour.

Then add a splash of fish sauce, soy sauce, and leave until the vegetables are softened.

Chuck in a tin of coconut milk then add the raw king prawns and mushrooms and poach them in the sauce.

Add a handful of fresh coriander, the garlic and ginger and simmer until it bubbles.

Season and serve with brown rice and a crisp, dry, white wine like a Sancerre or a Chablis."