

PRAWN & COURGETTE THAI COCONUT CURRY



Moderate



30 minutes



Main



04 Servings

INGREDIENTS

1 tbsp vegetable oil
1 onion , minced
3 cloves garlic , minced
1 tsp dried ginger
1 400g tin coconut milk
2 tbsp curry powder
¼ tsp cayenne powder (optional)
240 ml chicken stock
2-3 tbsp fish sauce
340g courgette, chopped zucchini
450g prawns , peeled and de-veined
chopped herbs any for garnish (optional)
sea salt , to taste
black pepper , to taste



COOKING STEPS

Heat large saucepan on medium-high heat. Add oil, then onions, garlic, and ginger. Cook until translucent.

Add coconut milk then add the curry powder, optional cayenne powder, chicken stock and fish sauce. Combine to break up all lumps of spices.

Bring to a boil, then immediately reduce heat to low. Simmer coconut curry sauce for about 5 minutes.

Add courgette and prawns. Cook for an additional 5 minutes or until prawns are cooked through and the courgette is tender. Taste for flavour and add salt and pepper, if desired.

Garnish with optional herbs and enjoy warm over rice, noodles or with crunchy bread.