



Mark Sargeant's

MALAY PRAWN CURRY

INGREDIENTS *Serves 2*

20 ASC King Prawns	F 114100
50g Malay Curry Paste	A 113308
400ml Coconut Milk	A 11850
300g Butternut Squash	C 12083
100g Mangetout	C 10372
10g Coriander	C 113885
10ml Sunflower Oil	

PREPARATION

- Defrost prawns. Peel half a butternut squash and chop into approx. 2cm chunks. Cut mangetout in half

METHOD

- In a heavy based saucepan, fry the curry paste with the oil to release the aromas & spices
- Add the coconut milk then bring to a simmer stirring well
- Once nicely mixed, add the butternut squash and simmer for 5 minutes until just cooked then add the prawns and mangetout
- Cook for a further 4-5 minutes until the prawns are just cooked and the mangetout is still crunchy
- Spoon into bowls then garnish with coriander
- NB This is the perfect one pot meal but can be served with flat breads or sticky rice and why not finish with slices of red chilli for added heat

From 1st -30th September 2016

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