



Niki's Spicy Coconut Prawn Stir Fry Recipe

Serves 8-10

Prep 10 mins

Cooking Time 10 mins

Ingredients

2tbs olive oil

1kg frozen raw green prawns, peeled, deveined, without tails (thawed)

400g cauliflower, cut into florets

200g broccoli, cut into florets

1 large brown onion, finely sliced

2 large cloves of garlic, finely sliced

2 long red chillies, finely sliced

1 tsp ground turmeric

2 tsp yellow mustard seeds

1/4 tsp ground cardamon

1/2 tsp ground cumin

270ml can coconut milk

4tbs mango chutney

Method

Heat oil in a wok on a medium/high heat and add onion, garlic, chillies and spices, mixing well and just till flavors of spices are released and onion softens. Now add the prawns and combine well, continually stirring for about 2 minutes. Next add the cauliflower and broccoli mixing very well, stirring again for another 2 minutes. Last add the mango chutney and coconut milk, mix well and cover for a couple of minutes on a slightly lower heat to finish cooking. The vegetables should be just cooked, not tender.

Tips

We buy frozen prawns that are already prepared. Allow more prep time if you can't find prepared prawns. If you don't like prawns you can use chicken or pork instead. Remove chilli seeds to make a milder version of this recipe.