



PRAWN MASALA

Heat Rating: Mild

Serves 4

Ingredients:

- 2 tablespoons of Mama Dor's Prawn Masala spice blend
- 200g prawns (uncooked)
- 3 tablespoons natural yoghurt
- 2 tablespoons tomato puree
- 1 large onion, diced
- 2 tablespoons extra virgin olive oil

Method:

Fry the onions in the olive oil in a deep frying pan until golden brown. Turn the heat down and add the dry spices, the yoghurt and the tomato puree. Stir well and allow the masala sauce to cook for 5 to 10 minutes. Keep stirring to ensure the sauce doesn't stick or burn. You'll know when the sauce is ready once you see pockets of oil bubbling on the sauce. Once done, add the prawns and stir well. Cover and leave to simmer for 20 mins, or until the prawns are cooked. Serve with warm chapatis.

Alternative uses:

Experiment with this one; this spice blend will work wonderfully with any seafood, but be careful not to overcook! It can also be used as a dry rub smothered over shell-on king prawns with a little olive oil, before grilling or on the BBQ

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