



Prawn, pineapple & tamarind curry

SERVES 2 PREP 20 mins COOK 30 mins EASY

'This fragrant curry is perfectly balanced with sweet prawns and coconut and tangy tamarind and pineapple. Taste a little of the chili before blending the curry paste as they vary in heat, you may want to add more or less. You can easily double or quadruple the paste, saving extra portions in the freezer for another day.' **Cassie Best**

2 garlic cloves, peeled
Thumb sized piece ginger, peeled and chopped
1 fat green chilli, deseeded
Small bunch coriander, leaves and stalks separated
6 spring onions, cut into 2cm pieces
1 tbsp vegetable oil
1 stick lemongrass

4 lime leaves
2 tbsp tamarind paste
400g can coconut milk
1 tsp fish sauce
1 tbsp caster sugar
1 lime
200g fresh pineapple chunks
200g raw king prawns
Jasmine rice, to serve

1 Put the garlic, ginger, chilli, coriander stalks plus half the leaves, 2 spring onions and oil in a small blender and whizz to a paste, you may need to scrape down the sides of the bowl a few times to help the ingredients break down. Heat a large pan over a medium heat. Add the paste and sizzle for a minute or two until aromatic.
2 Bash the lemongrass a few times with a rolling pin, this will help to release its flavour. Add it to the pan with the lime leaves, remaining spring onions, tamarind paste, coconut milk, fish sauce and sugar. Season and bring to a simmer. Bubble for 15 mins until the flavours have infused with

the coconut milk. Meanwhile cut a line down the back of each prawn and remove any entrails.

3 Add the pineapple and prawns, bring back to a gentle simmer and cook for 5 mins until the prawns are pink. Taste the sauce and balance the flavours with more sugar or salt and a squeeze of lime if necessary. Serve scattered with coriander leaves, with steamed rice and extra lime wedges.

PER SERVING 000 kcals • fat 00g • saturates 0g • carbs 00g • sugars 0g • fibre 0g • protein 0g • salt 00g



CASSIE BEST

Cassie is Good Food's food director. She trained as a chef at Leiths School of Food and Wine, and has a passion for baking.
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