

RECIPES



SERVES 4

MASALA GRILLED PRAWNS WITH KACHUMBA SALAD

INGREDIENTS:

800g raw king prawns, peeled and deveined (tail shells left on)

For the marinade:

1 small red onion, peeled and chopped
50g bunch coriander
2 tbsp vegetable oil
1 tbsp chickpea flour
1-2 green chillies, roughly chopped
Juice of 1 lime
5 cloves garlic, peeled (30g)
30g ginger, peeled and roughly chopped
1 tsp garam masala
1/2 tsp turmeric
1 tsp sea salt

For the green chutney:

30g mint leaves
30g coriander leaves
1 green chilli, roughly chopped
4 spring onions, roughly chopped
Juice of 1 lime
Pinch sugar
Pinch salt

For the salad:

300g tomatoes, thinly sliced
1/2 cucumber, thinly sliced
1 small red onion, peeled and thinly sliced
1 green chilli, finely chopped
Juice of half a lime
Pinch toasted cumin seeds
Pinch garam masala
Small bunch coriander, roughly chopped
Salt and pepper

METHOD:

Pat the prawns dry with kitchen paper then put them into a large bowl. Put all of the ingredients for the marinade into a liquidiser, blend until smooth then pour over the prawns. Toss everything together then cover and set aside to marinate for 30 minutes. Meanwhile light the barbecue and set the coals up for direct grilling.

Put all of the ingredients for the chutney into a liquidiser and blend until smooth. Pour into a small bowl, cover and chill.

Thread the prawns onto skewers then grill for 2 minutes on each side until lightly charred. Set aside to rest. Meanwhile combine the salad ingredients in a large bowl and toss together.

Slide the prawns off the skewers and serve with the salad and chutney.

