Less than 1 hour Serves 6-8 Share Share on facebook Share on twitter Share on pinterest Share on whatsapp Share on email

Ingredients

- 2 Tbsp (30ml) olive oil
- 6 shallots or 2-3 white onions, chopped
- 4 cloves garlic, chopped
- Handful fresh or dried curry leaves
- 2 Tbsp (30ml) butter
- 1 packet (3) bell peppers, diced
- 2 Tbsp (30ml) garam masala
- 2 Tbsp (30ml) medium curry powder
- 1 Tbsp (15ml) ground turmeric
- 2 cups (500ml) fish stock
- 1 can (400ml) coconut milk
- 1 can (400ml) coconut cream
- 1 box (800g) large wild pink prawns, cleaned, deveined and heads removed
- 1 bag (700g) PnP seafood mix, defrosted
- Juice (120ml) of 2 lemons
- Handful fresh coriander, chopped + extra for serving
- Salt and milled pepper

Salsa:

- 1 red onion, chopped
- 1 punnet (350g) PnP medley tomatoes, halved
- ¹/₂ tub (80g) fresh coconut, chopped
- Juice (30ml) of 1 lime or 1/2 lemon
- 1 Tbsp (30ml) coriander, chopped
- 2 tsp (10ml) honey

- Glug olive oil
- Salt and milled pepper
- Crusty bread, for serving

Method

- 1. Heat oil in a large cast iron pot over medium coals.
- 2. Fry shallots, garlic and curry leaves for 3-4 minutes.
- 3. Add butter, peppers and spices and fry for a further 3-4 minutes.
- 4. Add stock and simmer for about 5-7 minutes.
- 5. Add coconut milk and cream and simmer for 10 minutes.
- 6. Poach prawns and seafood mix in sauce for 12-15 minutes, or until cooked through.
- 7. Stir through lemon juice and coriander. Season.
- 8. Combine salsa ingredients. Set aside.
- 9. Ladle seafood into serving bowls and top with extra coriander and salsa.
- 10. Serve with crusty bread.

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