



Recipes

PROGRAM 7 - SEGMENT 4

Spike's Recipe

SPIKE'S SHRIMP CURRY

Serves 2

INGREDIENTS

1 Large Onion, finely chopped
1 TBSP Olive Oil
1 TSP Madras Curry Powder or other favourite curry powder to taste
1 lb Fresh Prawns, cleaned
¼ Cup Hot Water
Prepared or Packaged Indian Curry Paste
White Rice
Pkt Pappadums

METHOD

Place virgin olive oil in a hot pan and add onions. Stir and add Madras curry powder and sauté gently until onion has softened. Pour hot water into a shallow pan on high heat (avoid using too much liquid as this will produce a watery sauce). Add prawns. When prawns have turned pink, add onion mixture and stir.

Include curry paste according to instructions on the packet and stir gently until the curry paste has dissolved. Simmer gently until the mixture has thickened.

Prepare rice according to instructions.

To prepare pappadums, brush each side with olive oil and place each on a paper plate. Cook each pappadum for 30 seconds in the microwave.

Place the rice on a platter and make a hole in the centre. Spoon the curry into the centre. Serve with cooked rice and pappadums.

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