

## GARLIC MASHED POTATOES WITH PRAWN CURRY



**Serving:** 4

**Cooking Time:** 25 minutes

**Prep Time:** 15 to 20 minutes

### INGREDIENTS

- 500g prawns, shelled and deveined

- Pinch of ground turmeric
- Pinch of chilli powder
- Pinch of ground salt
- 3 Tbsp vegetable oil
- 1 onion, finely chopped
- 1 ½ tsp ginger and garlic paste
- 1/2 tsp mustard seeds
- 2 sprigs curry leaves
- 1 tomato, blended smooth
- 3/4 water
- Fresh coriander leaves, for serving
- **Spices:**
- 1 tsp fennel seeds
- 3/4 cumin seeds
- 1 ½ Tbsp coriander seeds
- 1 sprig curry leaves
- 1 tsp vegetable oil
- 1 tsp chilli powder
- **Spices:**
- 4 potatoes
- 1/4 cup butter
- 100ml milk

- 2 Tbsp garlic, crushed
- 1 tsp sesame seeds

## INSTRUCTIONS

1. Clean the prawns well, then rub with big pinches of salt, turmeric and chilli powder. Cover and set aside for 30 minutes.
2. In the meantime, put a medium saucepan of salted water on the boil and cook the potatoes for 20 minutes or until you can easily push a knife through them.
3. Drain the water from the saucepan and add the butter, milk and garlic to the potatoes. Season well with salt and pepper.
4. Using a potato masher, mash potatoes to your desired consistency and sprinkle with sesame seeds. Reheat before serving.
5. In a large saucepan, dry-fry all the spices for a few minutes or until fragrant. Be careful not to burn them.
6. Tip the spices into a pestle and mortar or food processor/blender and grind everything to a fine powder.
7. Using the same saucepan, heat the vegetable oil to a medium-high heat and add the mustard seeds, onion and curry leaves. Fry until the onion is soft and translucent.
8. Stir in the ginger and garlic paste and fry for a minute before adding the blended tomato puree. Cook until it reduces and releases oil from the sides of the pan.
9. Add the prawns and water to the saucepan and gently combine. Adjust the salt and spice as per your taste.
10. Bring to the boil, cover, reduce the heat to medium and simmer until the prawns are well cooked.
11. Garnish with fresh coriander leaves and serve with hot garlic mash.