



## Gluten Free Malaysian Prawn and Pineapple Curry



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### CATEGORIES

Asian Cumin Gluten-Free Lactose-Free Shellfish Spicy

### INGREDIENTS

Cooking Time: 25 minutes

Servings: 4

Preparation Time: 15 minutes

- 2 Onions, finely chopped
- 2 garlic cloves, crushed
- 2 tablespoons sunflower oil
- 1 large red chilli seeded and finely sliced
- 1 teaspoon ground cumin
- 1 teaspoon white pepper
- 1 teaspoon turmeric
- 2 teaspoon ground coriander
- 450 ml fish stock (check for wheat, barley and rye)
- 2 tablespoon fish sauce (check for wheat, barley and rye)
- 1 tablespoon soft brown sugar
- 55g creamed coconut
- 500g raw tiger prawns
- 250g fresh pineapple flesh, cored and chopped
- 2-3 spring onions, cut into short lengths and shredded
- Seeds of 1 pomegranate

### DIRECTIONS

1. Heat oil in large non-stick pan and fry the onions and garlic on a low heat for about 10 minutes or until softened and lightly browned. Stir occasionally
2. Mix chilli and spices with onions. Add stock, fish sauce, sugar and creamed coconut. Mix, cover and simmer gently for 10 mins
3. Peel prawns, leaving tail section and removing the vein if needed. (Keep the shells to make stock with - cover with water and boil for 15-20 mins and drain ... can freeze and use it another time)
4. Stir in pineapple and pomegranate and warm through.
5. Add prawns and cook for a few minutes until cooked through. Serve

### RECIPE BACKSTORY

This is one of my favourite recipes, is easy and versatile. It is easily made gluten free. This is adapted from a recipe from Fresh Fruit and Desserts, Readers Digest's East well Live Well range. Not sure it is in print anymore however I am sure you can get this book second hand.