



## Andhra

Strength: **fairly hot**



Time to prepare: **45 minutes (plus marinading time)**

Hob/oven time: **20 minutes**

Serves: **4**

## Recipe

You will need:

500g raw King Prawns

OR

2 blocks of paneer or tofu, cubed

1 long green finger chilli, finely chopped

180g shallots or 2 medium onions (approximately 300g), finely chopped

5 fat garlic cloves, thinly sliced

½ tsp salt

2 medium tomatoes (approximately 250g)

A lemon, cut in half

2 tbsp vegetable oil (3 tbsp for paneer/tofu version).

Optional: coriander to garnish

To serve: plain white rice, poppadoms and tomato or mango chutney (try to find one with nigella seeds/ kalonji in if you can as this will complement the flavours).

## How to cook

1. Mix the chopped chilli, 1 tbsp of water and approximately 1/3 of the Spyced Andhra blend in a small bowl.
2. If using tofu or paneer, heat a frying pan with 2 tbsp oil and fry until golden all over (a few minutes on each side). Now carefully mix the prawns, tofu or paneer with the marinade and leave for 30 minutes if you can (or more if time allows).
3. Heat the oil in a large frying pan (use the same pan if you fried the paneer/tofu earlier) and fry the chopped shallot or onion for around 7 – 8 minutes on a medium heat, until golden brown, before adding the garlic and frying for 2 more minutes.
4. Now, chop the tomatoes roughly and add the along with the rest of the Spyced Andhra blend, then stir for a minute or two before adding the prawn/ tofu or paneer mixture and the salt, stirring gently all the time (add a few splashes of water if it sticks).
5. Cook for 4 – 6 minutes then serve with plain basmati rice, your favourite chutney (see ingredients) and poppadoms.