

Prawn & Lentil Curry With Pickled Onions

I'm all for slow cooking, the slower the better! but unfortunately, we don't always have that luxury. So that's when my curry in a hurry comes in and saves the day. And the beauty is 9 times out of 10 I'll have all these ingredients already in cupboards and freezer, making this a free meal in my mind.

So if you're pushed for time and also fancy a curry, give this a go.



Serves: 2

Prep Time: 10 minutes

Rest/Marinate Time: 0

Cooking Time: 25 minutes

Ingredients

- 200 g of raw king prawns, peeled and cleaned.
- 400 g of tin lentils in water.
- 1 tbsp of mild curry powder.
- 1 tsp of turmeric powder.
- 1 red onion, finely sliced.
- 1 tbsp of ginger garlic paste.
- 1 chilli, roughly chopped (seeds in or out you decide).
- 5 tomatoes, roughly chopped.
- 1 small handful of fresh coriander, roughly chopped.
- 2 tbsps of natural yoghurt.

Pickle Ingredients

- ½ a red onion, finely sliced.
- 150 ml of white wine vinegar.
- 1 tbsp of caster sugar.

Method

- The first thing to do is make the pickle. This is just a very quick one, but it works well. Pour the vinegar into a bowl and stir in the sugar. Then add the onions and leave to one side.
- For the curry, fry the onions with a pinch of salt, in a drizzle of oil over a low heat for 4-5 minutes. Then add the tomatoes, chilli and the ginger garlic paste. Continue to cook for another 4 minutes.
- Add the spices to the pan and cook out for a couple of minutes. Next, add the lentils including the water from the tin along with the prawns. Now turn up the heat to medium and cook away for 5 minutes or till the curry has thickened slightly and the prawns are cooked. Make sure to give it a little stir every so often.
- Finally, give the curry a taste for seasoning, then mix in some of the fresh coriander. Now take the yoghurt and stir into the curry, pop the pickled onions on top and scatter the remaining coriander. Forget about utensils, make some beautiful flatbreads for mopping up.