



CHLOË BOWLER

complete wellbeing

LOBSTER & PRAWN CURRY



Ingredients (Serves 2):

- 200g raw king prawns
- 1 lobster tail
- 1 onion
- 1 red chilli
- 2 cloves of garlic
- 1 tbsp turmeric
- 1 tbsp tamarind paste
- 1 tbsp chopped ginger
- 100g cauliflower & sugar snap peas
- 50g coconut cream
- coriander
- ½ litre vegetable stock

Instructions:

1. Chop the onion, garlic, ginger, tamarind and chilli. Soften in a little sesame oil, then add the turmeric.
2. Add the vegetables, coconut cream, vegetable stock and simmer.
3. In a separate pan cook the lobster and prawns until cooked.
4. Add the cooked fish to the main dish and simmer until ready.
5. Serve with plenty of coriander. This is great with wild rice or on its own as a soup.

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