

Monkfish/ Prawn Curry & Rice

(Serves 2)



Seafood Shop

KILKEEL

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Ingredients

1 tbsp coconut oil

1 small red onion diced

1 garlic clove

2cm ginger

Monkfish (cut into chunks) / prawns

Red pepper de-seeded & Sliced

2 tbsp mild curry powder

Big handful of baby spinach leaves

Squeeze of lime juice

1. Melt coconut oil, add onion & monkfish/ prawns & stir fry for 2 mins
2. Add garlic, ginger & cook for further 2 mins, red pepper and half the curry powder & stir fry for 2 mins.
3. Add in 2 tbsp water, stir fry for 2 mins
4. Add remaining curry powder along with the spinach until wilted
5. Dish it up with a squeeze of lime juice
6. Serve with rice