

Shrimp and Green Mango Curry Recipe

Ingredients:

300 g large raw shrimps (about 16)
4 tablespoons coconut oil
70 g grated fresh coconut
1/2 onion, finely chopped
1 tsp fennel seeds
1 onion, finely sliced
2 green chilies, chopped
1 1/2 teaspoon garlic-ginger paste
1 1/2 teaspoon ground coriander
1 teaspoon chili powder
1/2 teaspoon ground turmeric
100 g green mango, sliced into thin strips plus extra to garnish
1/2 teaspoon salt, or to taste
200 ml coconut milk
1 teaspoon fenugreek seeds
1 teaspoon black mustard seeds
25 curry leaves

Method:

Peel and de-vein the shrimps, leaving the tail attached. Rinse and pat dry. Heat 1 tablespoon coconut oil in a pan, add the coconut, chopped onion and fennel seeds, and sauté over a medium heat until the coconut is golden brown. Remove and grind to a smooth paste, using a blender. Heat 2 tablespoons coconut oil in the pan. Add the sliced onion and fry until translucent. Add the green chilies with the ginger-garlic paste, and sauté for 5-10 minutes. Stir in the ground spices and half the mango strips. Add the shrimps to the pan with the salt and cook, stirring, until they are opaque and almost cooked. Stir in the coconut paste, coconut milk and the rest of the mango. Simmer gently until the prawns are just cooked. Meanwhile, heat the remaining 1 tablespoon coconut oil in a separate pan and sauté the fenugreek seeds, mustard seeds and curry leaves until aromatic. Serve the shrimp curry topped with the aromatic spice mixture and green mango strips. Accompany with rice or Indian bread.