



## Prawn Dansak

Prawns cooked in a thick lentil based sauce with a slight sweet and sour taste. Chicken can be used instead of prawns if desired. This particular recipe uses vegetables as well as lentils to make the sauce, providing a more balanced meal.

**Serves** : 4

**Preparation Time** : 10 minutes plus 1 hour soaking time

**Cooking Time** : 60 - 90 minutes

### Ingredients

1 lb / 450g uncooked prawns  
1/2 tsp salt  
3 garlic cloves  
3 oz / 75g split yellow peas  
2 oz / 50g red lentils  
1 carrot, chopped  
1 potato peeled and chopped  
3 oz / 75g sweet corn, frozen (defrosted in warm water before use) or tinned  
3 tbsp vegetable oil  
2 onions, chopped  
14 oz / 400g tinned tomatoes

### Herbs & Spices

1 Bay Leaves  
1/2 tsp Mustard Seed Yellow  
1 1/2 tsp Coriander Ground  
1/2 tsp Cumin Ground  
1/2 tsp Fenugreek Ground  
1 1/2tsp Turmeric  
1 Chillies Whole  
1/2 tsp Garam Masala  
3 tsp Coriander Leaf or 3 tbsp fresh chopped Coriander Leaf  
2 tsp Mint or 2 tbsp fresh chopped Mint

### Cooking Instructions

Soak the yellow spit peas in cold water for 1 hour then drain. Place in a large saucepan of water with the salt, bay leaf and 1 garlic clove. Bring tot he boil and cook for 15 minutes. Add the red lentils, carrot and potato ad cook uncovered for a further 15 - 20 minutes. Drain, discarding the bay leaf and the garlic. Place the lot in a blender with the sweetcorn and puree.

Crush the remaining 2 cloves of garlic. Heat the oil in a heavy based saucepan over a medium heat. Add the onion and the garlic and cook for 4-5 minutes. Add the mustard seeds and fry until they start to pop and change color, then add the ground coriander, cumin, turmeric, chilli and fenugreek. Stir fry for 1 minute. Add the prawns (or chicken if using) and stir until coated for 1 minute. Add the tomatoes and the pureed vegetables and bring to a simmering point. Allow to cook uncovered for 30 - 40 minutes. Add the garam masala and season to taste. Serve sprinkled with the coriander leaf and mint.