

## Tandoori prawns (grilled spiced prawns)

Cal  
869 KJ

Cal  
207 kcal

Fat  
21.1 g

Sat Fat  
13.5 g

Carb  
0.5 g

Sugar  
0.3 g

Protein  
4.7 g

Fibre  
0.0 g

	4 portions	10 portions
king-size prawns	12	30
unsalted butter	100 g	250 g
fresh ginger, grated	1 tsp	2½ tsp
clove garlic, crushed and chopped	1	2–3
chilli powder	1 tsp	2½ tsp
ground cumin	1 tsp	2½ tsp
ground coriander	1 tsp	2½ tsp
fresh coriander leaves		
salt, pepper		
<i>Garnish</i>		
lettuce leaves		
onion rings		
chillies, chopped	2	5
lemon, cut into wedges	1	2

1 Shell and wash the prawns, leaving the heads attached. Place in a shallow tray.

- 2 Melt the butter and add all the spices, including the coriander leaves and seasoning.
- 3 Pour this melted butter mixture over the prawns.
- 4 Gently grill on both sides under the salamander for 5–6 minutes.
- 5 Serve on a bed of lettuce, garnished with onion rings, chillies and lemon.

**Note:** This dish should be prepared using fresh prawns, but, if unobtainable, cooked prawns may be used, in which case the prawns should be reheated for 2–3 minutes. Tandoori prawns may be served as a first or fish course.



### HEALTHY EATING TIP

- Use the minimum amount of salt and less butter.
- Serve with a large portion of Indian flat bread, salad and cucumber raita.