



Easy Monkfish and Prawn Curry

This recipe is quick and easy and will impress anyone you cook it for. It contains monkfish, prawns and coconut milk. Monkfish is a good source of protein and omega-3 fatty acids. Monkfish is often considered to be a sustainable seafood choice. If you are looking for a delicious and healthy seafood option, then look no further than monkfish! The electrolytes found in coconut milk, including magnesium and potassium, help to repair and strengthen broken muscle tissue post-exercise, promoting increased muscle strength over time.

Serves: 4, Prep time: 00:10, Cook time: 00:20

Instructions

1. Place the cubed monkfish and peeled prawns into a bowl with the lime juice, salt and turmeric. Allow to marinade for about 30 minutes.
2. In a large pan or wok, melt the fat or heat the oil. Add the chopped onions and fry until translucent and lightly browned.
3. Now add the garlic and ginger pastes along with the chopped chilli pepper and fry for a couple of minutes.
4. Pour in the coconut milk and bring to a bubble then add the cumin and coriander powder and stir to combine then add the halved chilli.

Ingredients

- 250 grams Monkfish, cut into bite size pieces (9 oz)
- 12 Large Prawns, Raw
- 2 Limes, Juiced
- 1 tablespoon Turmeric
- 3 tablespoon Coconut or Peanut Oil
- 1 Onion, finely chopped
- 6 Garlic cloves, made into a paste
- 1 Fresh Ginger, 2 inch piece made into a paste
- 1 Chili, Red Fresh, Finely sliced
- 1 Chili, Red Fresh, Sliced in half
- 1 tablespoon Cumin
- 1 tablespoon Coriander, powder
- 12 Cherry tomatoes, Sliced in half

5. Finally, add the marinated monkfish, prawns and the tomatoes. Stir it all into the mixture. Allow the monkfish to cook gently in the sauce for about 5 minutes.

6. Taste and season if necessary and sprinkle over the chopped coriander to serve.

Perfect with plain boiled rice, jasmine rice and/or flat bread. I added some mushrooms and extra chili's to this when I made it.

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- 1 Corriander leaves, Bunch, finely chopped
- 400 milliliters Coconut, milk, standard (13.5 oz (U.S.))
- 1 pinch or to taste Salt and Pepper