



### **Prawn Madras**

1 bowl of your favourite sliced onion (save a pinch for the garnish)

1 tsp dry coriander

1 tsp cumin seeds

1 tsp dry turmeric

1 tsp dry paprika

1 tbsp fresh garlic

1 tbsp fresh ginger

1 tbsp mustard seeds

500 gm prawns or your favourite seafood

Handful of sliced capsicum

½ bunch of coriander, just wash and pick the leaves

2 sprigs of spring onion sliced and for garnish

1 bunch of your favourite greens but spinach is recommended