

# Cooking School

with the London Chef

## Goan Prawn Curry, Steamed Cardamom Basmati Rice, Spiced Kale & Red Onion

We suggest having the ingredients and equipment out and ready before you begin cooking for the smoothest experience. For a true chef mis-en-place you can measure everything in advance and have ready to use for each dish in a designated space so it's easy to access your ingredients. Pour yourself a large glass of whatever you like to enjoy while cooking. We hope that you enjoy your class and your meal!

SERVES 2

*\*If you want to make for more this recipe easily doubles. If you are cooking just for yourself this makes great leftovers and will actually be even better the following day*

### Curry

12-16 medium peeled prawns, tail on or off  
1 tbsp garam masala  
1 medium white onion, peeled & halved  
3 cloves garlic, peeled  
1 large tomato  
1 inch ginger  
1 bunch cilantro  
1 can full fat coconut cream, open & well mixed  
1 lime

*\* can be made vegetarian, substitute with 1 cup chickpeas or frozen green peas*

### Cardamom Rice

1 cup Basmati rice  
1 tsp whole cardamom seeds or pods  
2 cups water

### Garam Masala

Large pinch of turmeric, cinnamon, yellow mustard seeds, whole black peppercorn & whole cloves

Two large pinches of ground coriander, paprika, dried chili flakes, whole cumin seeds, cardamom seeds

### Spiced Kale & Red Onion

1 bunch of kale, washed  
1 medium red onion, peeled and halved  
5 cloves of garlic, peeled  
½ bunch of cilantro stalks, finely chopped  
½ tsp mustard seeds  
½ tsp cumin seeds  
½ tsp chili flakes  
1 tbsp butter

*\* omit butter for vegan/DF*

### Cooking Equipment

Medium pot with lid  
Large frying pan x 2  
Cutting board  
Knife  
Wooden spoon  
Tongs  
Can opener  
Tasting spoons  
Canola or Vegetable Oil  
Salt