

## Jamaican Seafood Curry

REF:

**Serves: 4**

**Cuisine: Caribbean**

Preparation time: 30 Minutes

Cooking time: 30 Minutes

### **Ingredients:**

2 tsp	Olive oil
6	Spring onions, finely chopped
1	Yellow pepper, sliced
1 tbsp	Fresh ginger, finely chopped
1 1/2 tsp	Curry powder
1/2 tsp	Chilli powder or dried chilli pepper flakes
1/2 tsp	Allspice powder
2 tbsp	Soy sauce
1 1/2 tbsp	Brown sugar
Pinch of salt	
400ml	Coconut milk
3	Plum tomatoes, seeded and chopped
300g	Swordfish or cod fillets, sliced into chunks
250g	Peeled prawns
2 tbsp	Coriander, freshly chopped
1 tbsp	Fresh lime juice

### **Method:**

1. Heat oil in a large frying pan over medium heat. Add spring onions, yellow pepper and chopped ginger. Stir for about 5 minutes until soft
2. Stir in curry powder, chilli powder or dried chilli pepper flakes and allspice. Add soy sauce, brown sugar, salt, coconut milk and fresh tomatoes. Stir and simmer over low heat, uncovered, for about 15 minutes.
3. Add fish fillets and prawns; continue to simmer until the fish has cooked - about 5 to 8 minutes. Stir in the lime juice and sprinkle with freshly chopped coriander.

### **To Serve:**

### **Chef's Notes:**