



**tropical
wholefoods**

Sri Lankan Curry

The pineapple, seafood and coconut flavours in this dish go beautifully together. This is very easy to make. Enough for 4 people.

Ingredients

50g Tropical Wholefoods Sun Dried Pineapple

2 tbsp vegetable oil

1 small onion

2 bay leaves

2 stems of very finely chopped lemon grass (use jarred lemon grass in water)

½ tsp crushed chilli flakes

1 tsp chilli powder

1 tsp paprika

½ tsp mustard seeds (crushed)

½ tsp turmeric

500g of a white chunky fish (e.g. Pollock or coley) chopped into 3 cm pieces or 500g organic prawns or a combination of both

200ml tinned coconut milk

½ tsp fennel seeds

1 fresh red chilli

Juice of 1 lime.

Method

1. Soak the sun dried pineapple in enough water to cover it, for 10 mins, and then drain.
2. Fry the finely chopped onion in the oil with bay leaves and chopped lemon grass.
3. Add the chilli flakes, chilli powder, paprika, mustard seeds, turmeric, salt, soaked pineapple, fish and/ prawns. Cook for 5 mins.
4. Pour in the coconut milk. Sprinkle with the fennel seeds and simmer for 5 mins.
5. Before serving, add lime juice to taste, garnish with finely chopped red chilli and coriander. Serve with rice.

