

Simple Shrimp, Coconut and Eggplant Curry

BY AMELIA FREER FEBRUARY 2016 COOK. NOURISH. GLOW.

YieldServes 4

Ingredients

Coconut oil

1 onion, chopped

2 cloves garlic, finely grated

Thumb-sized piece fresh ginger, peeled and grated

1 red or green chili, deseeded (if you like) and finely chopped

1 teaspoon ground cumin

1 teaspoon ground coriander

1/2 teaspoon garam masala

1/2 teaspoon turmeric

Sea salt

Freshly ground black pepper

1 eggplant, grated or finely sliced

1/4 pound cherry tomatoes, cut in half

1 1/4 cups vegetable stock

1 cup coconut milk

1/2 pound raw tiger shrimp, peeled

1 large handful baby spinach

Preparation

Heat 1 tablespoon coconut oil in a large sauté pan and fry the onion, garlic, ginger and chili for 2 to 3 minutes to soften, stirring frequently. Stir in the spices and season well with a pinch of salt and pepper. Continue to fry over medium heat for a further minute or two until fragrant. Transfer the mixture to a mini food processor and blend until smooth, adding a splash of water if necessary to loosen the consistency to a paste.

Return the pan to the heat and put in another tablespoon of coconut oil. Add the paste and fry for 2 to 3 minutes. Add the eggplant and sauté for a minute or two, stirring to coat it with the paste, before adding the cherry tomatoes. Pour in the stock, bring to a boil, then reduce the heat and simmer for 10 to 12 minutes.

Add the coconut milk and the shrimp and cook for 3 to 4 minutes, until the shrimp are pink and cooked through and the sauce has just thickened. Stir in the spinach, wilt for a minute, then season to taste with salt and pepper. Serve immediately.