



Recipe
suggestions

King prawn jalfrezi (serves 4)

Ingredients

- > 640g king prawns, heads removed
- > 2 tbsp groundnut oil
- > 1 onion, sliced
- > 3 green chillis, sliced
- > 3 garlic cloves, crushed
- > 5 tomatoes, roughly chopped
- > 1 green pepper, chopped into pieces
- > handful of coriander, leaves picked

Method

- > Heat 2 tbsp oil in a large pan. Add the onion and a good pinch of salt, then fry for 6-8 mins until golden.
- > Add the chillies, garlic and ginger, and cook for 3 mins. Add the spice mix and cook for another 3 mins until fragrant.
- > Add the tomatoes and green peppers, and a splash of water and stir well. Cover the pan and cook for about 15 mins until the sauce has thickened.
- > Add the prawns and cook for 2 mins.
- > If a creamier sauce is required, add the yoghurt off the heat.
- > Stir in the coriander and check the seasoning.
- > Serve with naan bread or steamed rice.

For the spice mix

- > 1 tsp turmeric
- > 1½ tsp ground cumin
- > 1 tsp ground coriander
- > 1 cinnamon stick
- > 5 cloves, ground

To place an order or to check what we have in store today,
please call **020 7318 3725**

James Knight of Mayfair
Selfridges Food Hall, 400 Oxford Street, London W1A 1AB
www.james-knight.com



By appointment to
Her Majesty Queen Elizabeth II
Fishmonger
James Knight of Mayfair



By appointment to
H. R. H. The Prince of Wales
Fishmonger
James Knight of Mayfair