

# Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in  
"Foodie Thursday".



## Chickpea Coconut Curry with Shrimps ready in under 25 minutes!



### Ingredients – serves 4 people

3 Tbsp cooking oil  
½ kilo raw shrimps (peeled, cleaned and, tail on or off)  
4 each spring onions (washed, drained & roughly chopped)  
1 red pepper (de-seeded & diced finely)  
2 each garlic cloves (peeled & roughly chopped)  
1 inch ginger root (peeled & roughly chopped)  
2 tins coconut milk

2 tins chickpeas (rinsed & drained)  
2 Tbsp curry powder (madras is fine!)  
salt & pepper to taste

### **garnish**

a few coriander leaves (washed & picked)  
1 lime (washed, drained and cut into 4)

### **to serve with**

1 cup Jasmine rice (washed, rinsed & drained)  
1.5 cup boiling water  
1 tsp salt

### Method

Pre-wash and drain the rice.

Place rice, salt and boiling water into a pan, bring back to the boil then cover and reduce heat to a simmer.

Check after 12-15minutes – once the rice is cooked, turn off the heat and leave covered until ready to serve.

Place spring onion, garlic and ginger into a blender and blitz to a puree.

Pre-heat a saucepan over a high heat and add the oil.

Add enough shrimps to cover the base of the pan only.

Once the surface has changed colour to orange/pink, turn the shrimps over. Once the other surface has changed colour, remove from the pan, and keep on the side.

Repeat until all shrimps have been 'sealed'.

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Reduce heat to medium and add the diced red pepper.  
Sauté for a minute then add the onion garlic puree.  
Continue cooking for a minute until the aroma loses its ‘rawness’ then add the curry powder.  
Cook for 30 seconds and then add the coconut milk and chickpeas.  
Bring to a gentle boil and check the taste – adjust with salt and pepper.  
Add the sealed shrimps and cook for 2 minutes more over a gentle simmer – DO NOT BOIL!

Divide equally between the serving bowls/plates.  
Garnish with picked coriander and add a lime wedge to each bowl/plate.

Remove the cover from the cooked rice and use a fork to fluff up the rice then transfer to a large bowl and serve.

Notes from the chef:

Chickpeas are a valuable source of plant-based protein.

The shrimps can be substituted for another fish, chicken strips or cauliflower – the chicken will take longer to cook and the cauliflower should be grilled with a little oil and seasonings before adding.

The flavour of this curry is warming but it can be made hotter by using stronger types of curry powder/paste.

If you can only find frozen shrimps, then allow them to de-frost for 24hours in the refrigerator.

If the shrimps are particularly large in size, then they can be sliced in half – they will need only 30seconds at the end!

Do not overcook/reduce the sauce or the flavour will become bitter.

The curry can be made in advance and will keep in the fridge in an airtight container for several weeks.

Tbsp - tablespoon

Tsp - teaspoon