

Tamarind prawns

Ingredients

For the marinade

100g/3½oz tamarind paste
75g/2½oz clear honey
2 garlic cloves, crushed
2 tbsp light brown sugar
3–4 tbsp chilli oil, or olive oil if preferred
sea salt flakes

For the prawns

800g/1lb 12oz raw tiger prawns (the biggest you can find), ideally peeled but with tails left on
vegetable oil, for frying
2 heaped tsp toasted sesame seeds
10g fresh coriander, leaves picked and roughly chopped
3 spring onions, trimmed and thinly sliced from root to tip

Method

1. To prepare the marinade, thoroughly mix the ingredients in a bowl until the sugar dissolves.
2. Add the prawns and work the marinade into them using your hands. Cover the bowl with cling film and allow to marinate at room temperature for 30 minutes.
3. Heat a large frying pan over a medium-high heat and drizzle in a little vegetable oil. Drain any excess marinade from the prawns then fry them quickly on both sides until they are cooked through and slightly charred. (Cooking times will vary depending on the size of the prawns – if using standard supermarket prawns you won't need to cook them for more than 1 minute or so on each side, but if you are using larger prawns you may need to reduce the heat slightly and allow them to cook for a little longer.) The marinade is sticky and sweet which means it will blacken, so don't panic if the prawns look a little charred.
4. Serve sprinkled with toasted sesame seeds, coriander and sliced spring onions.

Preparation time

30 mins to 1 hour

Cooking time

10 to 30 mins

Serves

Serves 4–6

Tamarind and honey makes a wonderfully sweet and sour marinade for delicate prawns. Serve tapas style or with a salad.

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