



## Sticky Mango Prawns

(inspired by Jamie Oliver's 5 Ingredients Quick and Easy Food)

Serves 2

Prep Time: 20 Mins

### INGREDIENTS

<b>300g</b>	large raw shell-on king prawns
<b>6</b>	cloves of garlic
<b>1 tsp</b>	curry powder
<b>1 heaped tsp</b>	Jars of Goodness Poppadum chutney
<b>1</b>	lime

### METHOD

1. Quickly pull the legs and tails off the prawns and peel off the shells, leaving the heads on for bonus flavour. Run the tip of your knife down their backs and pull out the vein. Put a large non-stick frying pan on a medium heat.
2. Peel and very finely slice the garlic, fry with 1 tablespoon of olive oil until crisp, then scoop out and put aside, leaving the garlicky oil behind.
3. Stir the curry powder into the oil, then add the prawns. Fry for 4 minutes, or until the prawns are cooked through, tossing regularly.
4. Stir in the poppadum chutney for 30 seconds, taste, season to perfection with sea salt and black pepper, then dish up. Scatter over the crispy garlic, finely grate over half the lime zest and serve with lime wedges, for squeezing over.