Coconut & lime prawns with herbed black rice

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Love seafood? Try these coconut & lime prawns with herbed black rice.

Ingredients (Serves 2)

For the prawns

- 12 fresh prawns, peeled and de-veined
- 400ml can of coconut milk
- 3 tbsp flaked or desiccated coconut, toasted
- Zest of 1 lime
- Pinch sea salt

For the rice salad

- ½ cup uncooked black rice
- 1 tsp ground cumin
- ½ tsp hot paprika
- ¼ tsp chilli flakes
- ¼ tsp sea salt flakes
- ¼ bunch coriander

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- Juice 1 lime
- 2 tbsp olive oil
- Pinch sea salt
- Lime wedges to serve

Method

To toast the coconut, preheat an oven to 180°C. Add the coconut to a baking tray and cook for 10 minutes or until golden. Remove from the oven and place in a bowl with the lime zest and sea salt. Set aside.

Add three cups of water to a small saucepan and bring to the boil. Add the rice and cook for 30 minutes or until the rice is cooked through and still a little firm to bite. Drain the rice, rinse under cold water and toss together with spices, salt and coriander. Combine dressing ingredients and toss to coat salad. Set aside.

Place the coconut milk into a small saucepan and bring to the boil. Add the prawns and simmer gently for four minutes. Remove prawns and dip into coconut mixture, serve with the rice salad and an extra lime wedge.

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Recipe from Gemma Lush; photo credit: Phu Tang

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