



## Traditional Sri Lankan Recipes – BY Chef Pablis

### 7. Prawns thel dala

#### Ingredients

Prawns	500g
Sliced Capsicum	40 g
Leeks 1" long cut on the slant	40 g
Onion wedges	40 g
Thinly sliced Red Onion	30 g
Split Green Chili	08 nos
Tomato wedges	40 g
Turmeric powder	01 tsp
Oil	02 Tbsp
Roughly Crushed pepper	1 ½ tbsp
Chopped Garlic	01 Tbsp
Chopped Ginger	½ tsp
Curry leaf	a sprig
Cinnamon	stalk
Juice of two limes	
Salt to taste	

#### Method

1. Clean, de-shell leaving the tail and wash the prawns
2. Marinade with lime & salt. set aside
3. Heat oil in a pan. Sauté red onion, curry leaf and cinnamon stalks
4. Add garlic, turmeric, ginger & prawns and stir fry
5. Then add onion & capsicum and cook for 1 minute
6. Finally add tomato, leeks, salt, crushed pepper to the pan and cook until the tomatoes are cooked. Adjust seasoning.

**Note:** It is not recommended to over cook the tomatoes & capsicum

Serves 6