

SERVES 4-6

10 MINUTES PREPARATION

20 MINUTES COOKING



QUICK SRI LANKAN BROTH

- Generous glug of extra virgin olive oil
- 3 cardamom pods, 1 cinnamon stick, 6 cloves
- 1 medium onion, halved & sliced
- 4 cloves of garlic crushed
- 1 tablespoon of Sri Lankan Curry Powder
- 1 lemongrass stalk, bashed
- Generous pinch of curry leaves (optional)
- 4x 3cm bits of pandan leaf (optional)
- 1x 400g tin chopped tomatoes
- 1x 400ml tin of coconut milk
- Juice of half a lime
- Small bunch of coriander, chopped
- Salt & pepper

OPTIONS

- 600g diced squash, 400g tin of chickpeas
- Large aubergine, cut in quarters lengthways and diced, 250g spinach
- 750g of chicken thigh fillets, cut into bite sized pieces
- 400g prawns or 4-6 firm fish fillets such as cod

QUICK SRI LANKAN BROTH

METHOD

- If using aubergine or squash, heat your oven to 200c (180c fan) & put your vegetables into a large roasting tray, drizzle with a little oil & season with salt & pepper. Roast for 10-12 minutes until starting to soften & colour.
- Gently warm olive oil in a large saucepan with a lid. Once hot add the whole spices, stir & cook for one minute before adding the onion & garlic. Cook on a medium high heat for 8-10 minutes until soft & golden in colour.
- Add the curry powder, stir well into the onions, then add the lemongrass stalk, curry leaves & pandan leaf if using. Finally add the tomatoes & coconut milk, stir well, bring the liquid to a gentle simmer.

OPTIONS

- **Squash & Chickpea** - add the roasted squash & drained chickpeas to the broth & cook for a further 10-12 minutes.
- **Aubergine & Spinach** - add the aubergine to the broth & cook for 8 minutes, add the washed spinach & cook for a further 5 minutes.
- **Chicken** - add the diced chicken & bring the broth back up to a gentle simmer, cover the pan & cook for 20 minutes.
- **Prawn or Fish** - add to the pan, bring back up to a simmer & cook for 5-8 minutes for prawns and 12-15 minutes for fish, depending on the size of each.
- Finish with the lime & coriander before serving with rice or noodles.