

thai style chilli crab & prawn curry pie with coriander salad

Pampas

Ingredients (Serves 4)

3 tablespoons peanut oil
200g prawn or shrimps
100g crab meat
1 tablespoon Patak's Curry Paste
150ml coconut milk
1 tablespoon coriander paste
1 tomato, finely chopped
4 sheets Pampas Pie Base
1 egg, whisked
2 tablespoons cream

Method

Heat the peanut oil in a frying pan; add the prawns and the crab meat and cook for a few minutes, then add the PATAK'S Curry Paste and the coconut milk. Simmer for 3 to 5 minutes, and add the remaining ingredients. Season with salt and pepper.

Line 4 pie tins (8cm diameter) with the Pampas Pie Base sheets and cut out the lid. Fill the Thai curry into the pie tin and cover with the lid, mix the egg and the cream and brush the lid generously.

Bake for 20 minutes at 180 degrees.

For the coriander salad

1 bunch fresh coriander
4 semi dried tomatoes, cut in julienne
1 teaspoon lemon juice
1 teaspoon peanut oil
Pick the coriander leaves and mix with the tomatoes, lemon juice and peanut oil, place this salad on top of the pie.

Raw food cost: \$2.86 depending on the size of prawns used.

Recommended selling price: \$8.90 (the profit margin is calculated at 30%).

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