



## **Sambal Prawns made Sustainable!**

### **Ingredients**

- 1) 0.5kg Prawns
- 2) 6 pieces of shallots
- 3) 3 cloves garlic
- 4) 10 pieces of fresh chillis
- 5) 10 pieces birds eye chilli
- 6) 1 medium red tomato
- 7) Half cup oil
- 8) Salt
- 9) One tea spoon sugar

### **Method**

Fry prawns until half cook

- 1) Blend ingredients 2 to 5
- 2) Chop the medium red tomato into fine pieces
- 3) Heat up oil
- 4) Sauteed blended ingredients
- 5) Add chopped tomatoes
- 6) Add half cooked prawns
- 7) Add salt to taste and one tea spoon sugar
- 8) Stir
- 9) Simmer for 5 minutes
- 10) Done!