



PRAWN MATCHBOOS

The beloved Emirati dish made easier

Nutrition Facts/100 Grams of Prawns: Calories 356, Protein 22g, Carbs 33g, Fat 15g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 10 min, **Cooking Time:** 40 min



INGREDIENTS

Basmati Rice (1 cup)

Prawns (500 grams)

Onion, Ginger-Garlic Paste

Lemon Juice, Matchboos Spices

Turmeric Powder

Dried Limes (loomi)

Whole spices

Chili Flakes (optional)

Sea Salt, Olive Oil

Coriander, Ghee (optional)

Almonds, Raisins

METHOD

1. Wash the rice 3-5 times with room temperature water then drain in colander.
2. Soak raisins in hot water for 5-10 min, drain well discarding water.
3. Place a pot over medium heat, add half the olive oil and swirl to heat. Add almonds and toss gently until golden. Remove almonds and spread on absorbent paper, reserving most of the oil in the pot.
4. Add drained raisins and stir gently until just browned, remove and drain over kitchen towel, retaining most of the oil in the pot.
5. Add remaining oil to the pot over medium heat, swirl to heat through. Add dried lime & whole spices and stir around for 30 secs or until aroma is released.
6. Add onions & a pinch of salt, cook stirring frequently for 5 min or until light golden.
7. Add garlic-ginger paste & a pinch of salt. Cook stirring for 30 seconds.
8. Add prawns and stir for 2 min or until pink all over.
9. Add turmeric, matchboos spices, chili flakes (if using), dried lime and stir to mix. Add lemon juice & stir.
10. Add rice & stir to mix.
11. Add measured water, half the fried raisins & remaining salt. Increase heat to high, stir gently to distribute.
12. Bring to boil and allow to bubble for 30 seconds. Cover, reduce heat to lowest and cook for 20 minutes.
13. Remove from heat and rest for 5 minutes. Fluff with a large fork then turn into serving dish. Garnish with toasted almonds & remaining raisins. If desired melt ghee and drizzle on top.

BON APPETIT