

Tom Yam Goong

Source: The Complete Low-Fat Cookbook

Serves 6



- o Raw prawns - 500g
- o Oil -1 TBSP
- o Tom yam curry paste - 2 TBSP
- o Tamarind purée – 2 TBSP
- o Ground turmeric - 2 tsp
- o Small red chillies (chopped) – 1 tsp
- o Kaffir lime leaves (shredded) - 4
- o Fish sauce - 2 TBSP
- o Lime Juice - 2 TBSP
- o Palm sugar (grated) or brown sugar – 2 tsp
- o Kaffir lime leaves, shredded, extra to garnish

1. Peel the leaving prawns, tails intact. Devein the prawns, starting at the head end. Reserve the shells and heads. Cover and refrigerate the prawn meat.

2. Heat the oil in a wok or large saucepan and cook the shells and heads over medium heat, or until the shells turn orange.

3. Add 1 cup (250ml) water and the tom yam paste to the pan. Bring to boil and cook for 5 minutes, or until reduced slightly.

4. Add another 2 litres water, bring to the boil, reduce the heat and simmer for 20 minutes. Strain, discarding the shells and heads, and return the stock to the pan.

5. Add the tamarind, turmeric, chillies and lime leaves to the pan, bring to the boil and cook for 2 minutes. Add the prawns and cook for 5 minutes, or until pink. Stir in the fish sauce, lime juice and sugar.

To Serve

Garnish with shredded kaffir lime leaves