

Ulam Raya with Poached Prawns & Coconut Lime Dressing

by Chef Mel Dean



SERVINGS

4

PREP TIME

20 minutes

COOKING TIME

12 minutes

INGREDIENTS

Prawns, 500g (peeled, deveined)

Lower-sodium salt*, ½ teaspoon

Ginger, 2 slices

Long beans, 120g (finely diced)

Sweet basil leaves, 100g (shredded)

Kaffir lime leaves, 4 leaves (very finely shredded)

Fresh mint leaves, 100g (chopped)

Torch ginger, 100g (finely diced)

Freshly grated coconut, 3 tablespoons

Canola oil*, 1 teaspoon

Lime Dressing

Lime juice, 2 tablespoons

Olive oil*, 2 tablespoons

Small red chilli, 3 (finely diced)

Shallots, 2 (finely chopped)

Garlic, 2 cloves

Honey, 1 teaspoon

Lower-sodium salt*, pinch

To garnish

Lime wedge, 1

Coriander leaves, few (optional)

METHODS

1. Bring water to a gentle simmer with lower-sodium salt and ginger. Add prawns and cook for 1 ½–2 minutes until just cooked. Remove and cool.
2. Heat a small pan on low. Add grated coconut, canola oil and a pinch of lower-sodium salt. Stir gently until fragrant and just warm. Do not brown. Set aside to cool.
3. For the lime dressing, mix lime juice, olive oil, chilli, shallots, honey, and a pinch of lower-sodium salt in a bowl. Taste to ensure balance of fresh, tangy and light sweetness.
4. For the ulam mix, combine long beans, sweet basil, mint, shredded kaffir lime leaf and torch ginger in another bowl.
5. Add the aromatic coconut into the ulam mix and toss gently.
6. Add lime dressing just before serving to keep the herbs crisp and fresh.
7. Arrange prawns on top and garnish with coriander leaves if using. Serve with a lime wedge.