

CHEF SIMMER SAUCE

SOUR CURRY SAUCE RECIPES

Seafood Sour Curry Frittata

Handcrafted by Chef Mal Chow



Ingredients

Mixed seafood, water, eggs, cream

Steps

- Buy seafood mix 300g. (prawns, mussels, scallops).
- Add 6 eggs, 50ml water, 200g curry sauce. Mix and add seafood mix.
- Place in baking dish and bake in oven at 180 degrees Celsius for 15 minutes.
- Take out and let cool for 5 minutes, then serve

