

Mangalorean Prawn Curry

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/prawn-gassi-indian-recipe>

Ingredients:

- 9/16 pound prawn
- 1 teaspoon turmeric
- 1 teaspoon chilli powder
- 7 shallots small, /Small Onions 1/4 Cup
- 3 garlic cloves
- 1/4 cup grated coconut
- 1 piece cocum
- 13/16 inch tamarind piece
- 15 curry leaves
- salt to taste
- 2 tablespoons coconut oil
- 1 teaspoon mustard seeds
- 6 chilli Kashmiri, Reduce it to 2, to reduce heat
- 2 tablespoons coriander seeds
- 1 teaspoon peppercorns
- 1/2 teaspoon methi /Fenugreek Seeds
- 1 teaspoon fennel seeds /Suanf
- 1 teaspoon cumin /Jeera

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 65 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 17 grams
7. SaturatedFat: 9 grams
8. Sodium: 270 milligrams

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