

# Kerala Crab Curry (Njandu Curry)

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/crab-fry-recipe-south-indian>

## Ingredients:

- 500 grams crab Cleaned
- 2 tablespoons coconut oil
- 1/4 teaspoon fenugreek seeds
- 12 curry leaves
- 4 green chillies Slit into half
- 1/2 cup onion Sliced
- 1/2 cup tomato Sliced
- 3 pieces warm water Kudampuli Soaked in, for 10 minutes
- 1/2 teaspoon Garam Masala Kerala
- salt to taste
- 1 cup coconut Fresh, Grated
- 6 shallots Sliced
- 1 teaspoon ginger Grated
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- 2 teaspoons chilli powder Kashmiri Red
- 1 teaspoon black peppercorn
- 1 tablespoon coconut oil
- 1/2 teaspoon mustard seeds
- 1/4 teaspoon fenugreek seeds
- 3 red chillies dry
- 12 curry leaves
- 5 shallots Sliced

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 63 grams

3. Cholesterol: 100 milligrams
4. Fat: 18 grams
5. Fiber: 4 grams
6. Protein: 34 grams
7. SaturatedFat: 15 grams
8. Sodium: 610 milligrams
9. Sugar: 5 grams

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