

# Spicy Chettinad Prawn Masala / Chettinad Eral Masala

Yield: 3 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-prawn-masala-pakistani-recipe>

## Ingredients:

- 2 tablespoons sesame oil
- 2 cardamom
- 1 teaspoon fennel seeds sombu
- 3 sprigs curry leaves
- 2 onions medium sized, finely chopped
- 2 medium tomatoes finely chopped
- 2 teaspoons ginger garlic paste
- 1 teaspoon salt
- 9/16 pound prawns cleaned and de-veined
- 2 sprigs coriander leaves finely chopped
- 1 teaspoon pepper powder
- 1 teaspoon chilli powder
- 1/2 teaspoon turmeric
- 1 teaspoon coriander powder

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 90 milligrams
4. Fat: 11 grams
5. Fiber: 5 grams
6. Protein: 15 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 850 milligrams
9. Sugar: 5 grams

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