

Crab Curry from South India

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/taj-of-india-curry-recipe>

Ingredients:

- 1 tablespoon oil
- 1 teaspoon fennel seeds
- 1 teaspoon mustard seeds
- 10 curry leaves – 12
- 1 teaspoon cumin seeds
- 1 5/8 inches fresh ginger piece, finely sliced
- 2 cloves garlic peeled and finely sliced
- 1 white onion medium, peeled and finely sliced
- 3 red chillies fresh, finely sliced
- 2 tomatoes chopped into small dices
- 1 teaspoon turmeric
- 1 teaspoon chilli powder Kashmiri
- 9/16 pound crabmeat brown
- 1 11/16 cups coconut milk
- 1 lemon
- 7/8 pound crabmeat white
- 3/4 crab claws
- 1 handful fresh coriander chopped
- sea salt to taste

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 130 milligrams
4. Fat: 30 grams
5. Fiber: 5 grams
6. Protein: 34 grams
7. SaturatedFat: 22 grams
8. Sodium: 710 milligrams

9. Sugar: 6 grams

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