

# Indian Stir-fried Prawns

Yield: 2 min  
Total Time: 25 min

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

## Ingredients:

- 2 teaspoons vegetable oil
- 1 teaspoon black mustard seeds
- 8 curry leaves
- 1 onion
- 1/2 red pepper
- 1/2 green pepper
- 3 cloves finely chopped
- ginger a thumb-sized piece, shredded
- 4 plum tomatoes
- 6 1/3 ounces king prawns
- 1/2 teaspoon ground turmeric
- 1 teaspoon ground cumin
- coriander a small bunch, torn
- rice to serve
- 1 lime

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 95 milligrams
4. Fat: 6 grams
5. Fiber: 6 grams
6. Protein: 18 grams
7. Sodium: 75 milligrams
8. Sugar: 9 grams

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