

# Prawn Biryani, How to Make Prawn Biryani

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/steamed-prawns-recipe-indian>

## Ingredients:

- 16 ounces prawns or 500 grams' or around 16/20 large ,shelled and deveined and washed
- 2 tablespoons crushed garlic finely
- 1 tablespoon ginger finely crushed
- 3 red onion large, chopped finely
- 1 tablespoon cumin powder
- 1 tablespoon coriander powder
- 2 tablespoons curry powder Available in Indian Groceries
- 3 tablespoons chili powder 2 to ,we like it spicy
- 1 cup yogurt
- 1 tablespoon Garam Masala
- 2 lemons juiced
- 6 dried plum 5 to ,optional
- salt as per taste
- 2 teaspoons turmeric
- 1 teaspoon freshly ground black pepper
- onions Crispy browned, to serve, optional
- 2 tablespoons vegetable oil
- 3 tablespoons ghee or butter
- mint Handful of chopped
- chopped coriander Handful of freshly, or cilantro
- 3 cubes butter
- 4 cups basmati rice Long grain
- 3 tablespoons ghee or butter
- 1 onion small, very finely sliced
- 6 cups water
- 1 cinnamon stick
- 1 pinch saffron dissolved in 1/4th cup milk
- rose essence Available in Indian or Middle Eastern stores

## **Nutrition:**

1. Calories: 1090 calories
2. Carbohydrate: 172 grams
3. Cholesterol: 130 milligrams
4. Fat: 28 grams
5. Fiber: 8 grams
6. Protein: 35 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 360 milligrams
9. Sugar: 11 grams

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