

Prawn Malai Curry

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1/4 teaspoon cardamom seeds
- 3 whole cloves
- 3 pieces cinnamon stick
- 2 tablespoons vegetable oil
- 4 whole cloves
- 4 green cardamom pods
- 2 pieces canela stick
- 1 onion grated
- 1 1/4 teaspoons ginger paste
- 1 1/4 teaspoons garlic paste
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon cayenne pepper
- 1/2 cup tomato finely chopped
- 1/2 cup water
- 1 cup coconut milk
- 1 pound tiger prawns peeled and deveined
- 1 teaspoon ghee clarified butter, optional

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 120 milligrams
4. Fat: 24 grams
5. Fiber: 6 grams
6. Protein: 20 grams
7. SaturatedFat: 13 grams
8. Sodium: 105 milligrams
9. Sugar: 4 grams

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