

Kerala Prawn Curry

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 5 tablespoons coconut oil
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon fennel seeds
- 2 cups onion sliced
- 1 cup tomato chopped
- 1 teaspoon ginger chopped
- 2 teaspoons garlic chopped
- 20 curry leaves
- 2 teaspoons coriander powder
- 1/2 teaspoon turmeric powder
- 3 teaspoons chilli powder Kashmiri Red
- 1 teaspoon black pepper Powder
- 1/2 teaspoon garam masala powder
- 300 grams prawns cleaned
- 2 tablespoons fresh coriander chopped

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 80 milligrams
4. Fat: 18 grams
5. Fiber: 3 grams
6. Protein: 13 grams
7. SaturatedFat: 15 grams
8. Sodium: 65 milligrams
9. Sugar: 4 grams

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