

# Konju Theeyal – Prawns In Spicy Gravy , Kerala Special

Yield: 4 min  
Total Time: 60 min

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

## Ingredients:

- 500 grams prawns Shelled and Cleaned
- 1 cup vegetables Cubed, Optional - See Notes
- 1 piece tamarind / Tamarind Paste See Notes
- 1 cup onion /Shallots Thinly Sliced
- 2 green chili To Taste, Optional
- 3 cloves garlic Minced
- 1/2 inch ginger Minced
- water As Needed
- 2 cups grated coconut Fresh, or 3/4 C Dry
- 1 teaspoon coriander powder
- 1/2 teaspoon chili powder To Taste
- 1/8 teaspoon turmeric One Generous Pinch
- 2 tablespoons oil Preferably Coconut
- 1/2 teaspoon mustard seeds
- 1 stalk curry leaves
- 1/4 teaspoon fenugreek seeds Optional
- salt To Taste

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 135 milligrams
4. Fat: 35 grams
5. Fiber: 10 grams
6. Protein: 24 grams
7. SaturatedFat: 23 grams
8. Sodium: 310 milligrams

9. Sugar: 6 grams

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