

# Quick and Easy Indian Prawn Curry

Yield: 2 min  
Total Time: 30 min

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

## Ingredients:

- 1 tablespoon coconut oil substitute with any mildly flavoured oil
- 1/2 teaspoon brown mustard seeds
- 1/2 teaspoon fenugreek seeds
- 1/4 teaspoon black onion seeds
- 1 onion Medium, Thinly Sliced
- 2 garlic cloves
- 2 1/2 tablespoons ginger grated
- 1 teaspoon chili powder I use Kashmiri chili powder, or to taste
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground turmeric
- 1 dried chili
- 3 3/8 tablespoons tomato passata
- 3 3/8 tablespoons tamarind paste
- 1/2 teaspoon white wine vinegar
- 9/16 pound prawns
- fresh coriander for garnish, optional
- 1 cup white flour half and half wholemeal flour and plain
- 1/8 teaspoon salt
- 1 teaspoon cumin seeds
- 2 tablespoons melted butter traditionally ghee would be used but I am all out and melted butter works fine.
- 5 1/16 tablespoons luke warm water

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 165 milligrams

4. Fat: 21 grams
5. Fiber: 5 grams
6. Protein: 28 grams
7. SaturatedFat: 13 grams
8. Sodium: 440 milligrams
9. Sugar: 7 grams

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