

Mauritian Prawn Curry

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 2 tablespoons vegetable oil
- 1 onion Medium, Finely Chopped
- 1 clove garlic Finely Chopped
- 1 can chopped tomatoes
- 3 fresh tomatoes Large, Chopped into cubes
- 2 boiled potatoes Large Par, Chopped into 2cm cubes
- 1 teaspoon turmeric
- 1 green chilli Deseeded and Chopped finely
- 1 red pepper Chopped into small chunks
- 1 sprig fresh thyme
- 3 1/2 ounces fresh green beans Chopped into 3
- 1 tablespoon curry powder We use a medium curry powder
- 7/8 pound prawns Frozen Cooked
- 3/8 inch fresh ginger Finely Chopped
- 1 teaspoon ground cumin
- 2 tablespoons fresh coriander Finely Chopped

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 105 milligrams
4. Fat: 8 grams
5. Fiber: 6 grams
6. Protein: 20 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 80 milligrams
9. Sugar: 10 grams

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