

No Ordinary Chingri Phulkopi'r Dalna

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-indian-shrimp-cauliflower>

Ingredients:

- 1 cauliflower medium size, cut into large flowerets
- 1 1/8 pounds shrimps deveined and cleaned, wash once and retain the shells
- 2 potatoes medium size, cut in quarters, you can keep the skin on
- 1 tomato large, ripe, red
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 1 tablespoon chilli paste green, reduce the quantity if kids are eating
- coriander Handful of chopped
- 2 teaspoons chilli powder
- 2 teaspoons turmeric powder
- 2 teaspoons coriander powder
- 2 teaspoons cumin powder
- 1 teaspoon cumin seeds
- 1/2 teaspoon garam masala powder, cinnamon, cloves and green and black cardamoms + a pinch extra for garnish
- 2 bay leaves
- 3 tablespoons mustard oil
- 1 pinch sugar
- salt

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 190 milligrams
4. Fat: 3 grams
5. Fiber: 7 grams
6. Protein: 31 grams

7. Sodium: 470 milligrams

8. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy No Ordinary Chingri Phulkopi'r Dalna above. You can see more 16 recipe indian shrimp cauliflower Taste the magic today! to get more great cooking ideas.