

Quick Prawn Coconut Curry

Yield: 2 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/salt-and-pepper-prawns-indian-recipe>

Ingredients:

- 7 15/16 ounces prawns I used frozen
- 1/2 cup frozen peas
- 7/8 cup coconut milk
- 1 tablespoon coconut oil or any oil
- 1 medium onion chopped
- 2 garlic cloves minced
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 1 teaspoon Garam Masala
- 1 teaspoon coriander
- 1 teaspoon mustard seeds optional
- 1 teaspoon cumin seeds optional
- 1 lemon the juice only
- salt
- pepper
- 1 handful fresh parsley finely chopped

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 120 milligrams
4. Fat: 34 grams
5. Fiber: 11 grams
6. Protein: 24 grams
7. SaturatedFat: 27 grams
8. Sodium: 530 milligrams
9. Sugar: 7 grams

Thank you for visiting our website. Hope you enjoy Quick Prawn Coconut Curry above. You can see more 18 salt and pepper prawns indian recipe Elevate your taste buds! to get more great cooking ideas.