

30-Minute Spicy Shrimp Masala

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/shrimp-masala-recipe-pakistani>

Ingredients:

- 1/4 cup oil yes, 1/4 cup!
- 3 Roma tomatoes diced
- 1 tablespoon garlic paste
- 2 tablespoons ginger grated
- 1 jalapeno seeded and minced
- 1/3 cup water
- 1/2 teaspoon coriander powder EACH:, turmeric powder, AND red pepper flakes*
- 1 1/2 teaspoons cumin powder
- 16 ounces shrimp peeled and deveined*
- 2 tablespoons lemon juice
- 1 teaspoon fenugreek leaves crushed between fingers
- 1/2 teaspoon Garam Masala
- 2 teaspoons chaat masala
- chopped cilantro
- basmati rice

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 155 milligrams
4. Fat: 15 grams
5. Fiber: 1 grams
6. Protein: 22 grams
7. SaturatedFat: 1 grams
8. Sodium: 160 milligrams
9. Sugar: 2 grams

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