

CRAB CURRY

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-crab-meat-indian-recipe>

Ingredients:

- 2 pounds crab meat fresh picked
- 1 onion large, Peeled and thinly sliced
- 1 ginger thumb-size, peeled and thinly sliced
- 5 red chillies fresh, seeded and finely sliced
- 1 tablespoon turmeric powder
- 1/2 teaspoon cumin powder
- 2 teaspoons fennel seeds
- 2 teaspoons black mustard seeds
- 3 cardamom pods crushed and use the seeds
- 1 cup coconut milk
- 1 cup water
- 2 lemons
- salt
- pepper
- 3 tablespoons oil grape seeds, or oil of your choice
- 1 bunch coriander leaves fresh

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 120 milligrams
4. Fat: 19 grams
5. Fiber: 5 grams
6. Protein: 30 grams
7. SaturatedFat: 9 grams
8. Sodium: 590 milligrams
9. Sugar: 2 grams

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