

Prawn Malai Curry

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon cayenne pepper
- 3 inch stick cinnamon
- 3 stick pieces cinnamon (1 inch)
- 1 cup coconut milk
- 1.3 teaspoons ginger/garlic paste
- 1.3 teaspoons ginger paste
- 4 cardamom pods green
- 0.5 teaspoon ground turmeric

- 1 onion grated
- 0.3 teaspoon cardamom seeds
- 1 pound tiger prawns deveined peeled
- 0.5 cup tomatoes finely chopped
- 2 tablespoons vegetable oil
- 0.5 cup water

Equipment

- frying pan

Directions

- Prepare the fresh garam masala: in a coffee grinder, grind the cardamom seeds, 3 whole cloves, and 3 cinnamon sticks to a fine powder. Set aside.
- Heat the vegetable oil in a skillet over medium heat.
- Add the 4 whole cloves, 4 cardamom pods, and 2 sticks of cinnamon and fry for a few seconds (take care as cloves tend to pop out of the pan). Stir in the grated onion and reduce the heat to medium-low. Cook and stir until the liquid dries and the onion no longer smells raw, about 5 minutes.
- Add the ginger paste and garlic paste and cook for 2 minutes, stirring constantly.
- Stir in the turmeric and cayenne pepper.
- Add the chopped tomatoes and cook until the tomatoes are soft, about 5 minutes.
- Pour in the water, cover the pan, and cook for an additional 5 minutes.
- Pour in the coconut milk and stir well. When the mixture is just below boiling, stir in the prawns.
- Sprinkle the mixture with almost all of the fresh garam masala powder, reserving a pinch to use as a garnish. Gently stir to combine. Do not cover the pan at this stage, as the coconut milk will curdle.
- As soon as the prawns are pink and cooked through, 3 to 5 minutes, add the ghee.
- Remove the pan from the heat.
- Sprinkle the reserved garam masala over the dish and serve.

Nutrition Facts

PROTEIN 23.66% FAT 61.85% CARBS 14.49%

Properties

Glycemic Index:61, Glycemic Load:2.55, Inflammation Score:-9, Nutrition Score:16.762608569601%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 287.34kcal (14.37%), Fat: 20.44g (31.45%), Saturated Fat: 11.93g (74.56%), Carbohydrates: 10.78g (3.59%), Net Carbohydrates: 7.59g (2.76%), Sugar: 1.77g (1.97%), Cholesterol: 142.88mg (47.63%), Sodium: 654.3mg (28.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.6g (35.19%), Manganese: 1.72mg (86.06%), Selenium: 34.05µg (48.65%), Phosphorus: 352.52mg (35.25%), Vitamin B12: 1.26µg (20.98%), Copper: 0.38mg (19.23%), Iron: 2.91mg (16.18%), Magnesium: 63.7mg (15.93%), Vitamin E: 2.28mg (15.23%), Vitamin K: 15.64µg (14.9%), Vitamin B6: 0.28mg (14.16%), Vitamin B3: 2.62mg (13.1%), Fiber: 3.19g (12.77%), Calcium: 125.43mg (12.54%), Zinc: 1.74mg (11.61%), Potassium: 388.75mg (11.11%), Folate: 37.95µg (9.49%), Vitamin A: 421.92IU (8.44%), Vitamin C: 6.35mg (7.69%), Vitamin B5: 0.51mg (5.1%), Vitamin B1: 0.06mg (4.22%), Vitamin B2: 0.04mg (2.14%)