



South o' the Border Prawn Masala

READY IN



70 min.

SERVINGS



6

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ancho chile dried stemmed
- ☐ 14 ounce canned tomatoes peeled drained canned
- ☐ 2 arbol chile dried stemmed
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 inch ginger fresh minced peeled
- ☐ 0.5 teaspoon garam masala
- ☐ 4 cloves garlic thinly sliced
- ☐ 0.8 teaspoon ground turmeric
- ☐ 0.3 cup heavy cream

- ☐ 1 small jalapeño seeded finely chopped
- ☐ 6 servings naan bread for serving
- ☐ 2 tablespoons olive oil
- ☐ 1 pound head-on prawns shelled deveined
- ☐ 1 large onion diced red

Equipment

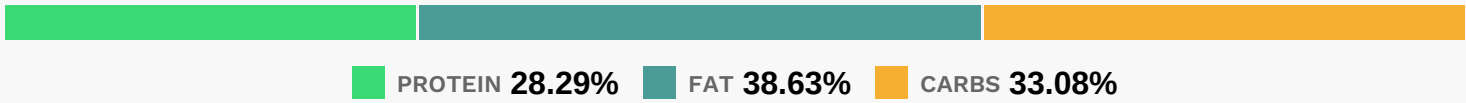
- ☐ frying pan
- ☐ pot

Directions

- ☐ Remove the prawn heads. In a medium saucepot, bring the prawn heads, shells and 5 cups of water to a boil. Reduce the heat and simmer 20 minutes.
- ☐ Meanwhile, heat the oil in a large skillet over medium heat until shimmering.
- ☐ Add the onions, garlic, ginger, and jalapeno, and cook, stirring occasionally, until golden brown, about 8 to 10 minutes.
- ☐ While the vegetables cook, break the arbol chiles and ancho chile into pieces (remove the seeds, if you prefer less heat and spice), then grind in a spice grinder to a fine powder. Set aside.
- ☐ Crush the tomatoes with your hands.
- ☐ Add the turmeric, garam masala, and 2 teaspoons of the ground chile powder to the skillet. Reserve the remaining chile powder for another use.
- ☐ Saute the mixture for 30 seconds, then add the crushed tomatoes and 1/4 cup of the reserved tomato juice. Cook the mixture, stirring, until thickened and most of liquid is cooked out.
- ☐ Strain the prawn shells from the water and discard the shells. The water is now a prawn stock.
- ☐ Add 2 cups of the prawn stock to the tomato mixture and bring the mixture to a simmer. The remaining prawn stock can be cooled and frozen for future use. Simmer the tomato mixture, uncovered, for 10 minutes.
- ☐ Add the prawns to the skillet and cook, stirring gently, until just cooked through, about 4 minutes. Reduce the heat to low, then add the heavy cream and fresh dill.

- ☐ Let the mixture simmer, for 2 minutes more, stirring gently. Season with salt, and pepper, to taste.
- ☐ Serve the masala with warm naan.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:0.63, Inflammation Score:-10, Nutrition Score:7.7391303985015%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 265.79kcal (13.29%), Fat: 11.52g (17.73%), Saturated Fat: 3.57g (22.3%), Carbohydrates: 22.2g (7.4%), Net Carbohydrates: 19.46g (7.08%), Sugar: 4.67g (5.18%), Cholesterol: 135.4mg (45.13%), Sodium: 311.47mg (13.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.99g (37.97%), Vitamin A: 1765.9IU (35.32%), Phosphorus: 187.17mg (18.72%), Copper: 0.33mg (16.44%), Fiber: 2.75g (10.98%), Potassium: 373.47mg (10.67%), Vitamin K: 10.19µg (9.71%), Magnesium: 36.14mg (9.03%), Calcium: 86.26mg (8.63%), Vitamin C: 6.87mg (8.33%), Manganese: 0.16mg (7.84%), Zinc: 1.17mg (7.81%), Vitamin E: 1.05mg (7.01%), Vitamin B2: 0.1mg (5.94%), Vitamin B6: 0.12mg (5.76%), Iron: 0.98mg (5.47%), Vitamin B3: 0.61mg (3.07%), Folate: 7.96µg (1.99%), Vitamin B1: 0.02mg (1.39%), Selenium: 0.91µg (1.3%), Vitamin B5: 0.13mg (1.27%), Vitamin D: 0.16µg (1.06%)