SPICY PRAWN CURRY

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Ingredients:

300g prawns

1 teaspoon fenugreek

½ teaspoon turmeric powder

½ teaspoon mustard seeds

2 chopped onions

5-7crushed garlic cloves

Few curry leaves

50ml tamarind juice

150ml coconut milk

2 tablespoons of curry powder

Salt

Oil

Steps:

1. Clean the prawns, mix it with turmeric powder and salt and set aside.
2. In a pan, heat oil and add in mustard seeds – let it sizzle.
3. Add in onions and fenugreek. Cook until onions are clear
4. Add in garlic and curry leaves
5. Now add the prawns and mix everything well.
6. Let the prawns cook for about 7-10 minutes
7. Now add in tamarind juice.

    (Tamarind juice: add a chunk of tamarind into a water and squeeze the tamarind until all the flavor is out and strain that juice)

8. Add in coconut milk
9. Cover it and let it cook well.
10. Once curry has thickened, remove from heat.

Nutritional Facts:

Ingredients	Calories
Prawns	99
Fenugreek	30
Turmeric Powder	4
Mustard Seeds	5
Onions	120
Garlic Cloves	27
Tamarind Juice	50
Coconut Milk	100
Curry Power	50