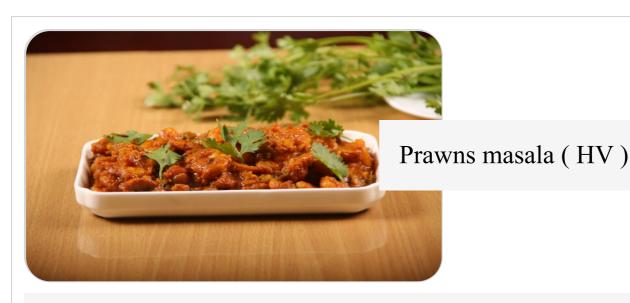


C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Non Veg

Ingredients

- Prawns shelled and deveined 12-15
- Onions 1 medium
- -Oil 3 tsp
- -Curry leaves 4-5
- -Ginger roughly chopped 1 inch
- Garlic cloves 2-3
- Dried red chillies broken 1-2
- -Tomato 1 medium
- -Freshly scraped coconut 1 tablespoon
- -Fennel seeds (saunf) 1 teaspoon
- -Salt to taste
- -Turmeric powder ¹/₄ teaspoon
- -Red chilli powder 1/2 teaspoon
- -Green chillies 1
- -Garam masala powder ¹/₂ teaspoon

Preparation Method

- -Roughly chop onions. Heat oil in a non-stick pan, add curry leaves and onions and saute till brown.
- -Put ginger, garlic, dried chillies in a mixer jar. Quarter tomato and add to the mixer along with coconut, fennel seeds and 3 tbsps water and grind to a smooth paste.
- -Add ground paste to the pan and cook for 2-3 minutes.
- -Put the prawns in a bowl, add salt, turmeric powder and red chilli powder and mix well. Set aside to marinate for about 5 minutes.
- -Slit green chillies without cutting through and add to the pan and mix well. Add marinated prawns and mix well. Cover and cook till the prawns are done. Add garam masala powder and mix well.
- -Transfer into a serving bowl and serve immediately.