

Recipe Name: Prawn Ghee Roast Recipe

Diet Type:

Course: Side Dish

Cuisine: Mangalorean

Quantity: 1 serving



Ingredients

Ingredient	Quantity
• 250 grams Prawns - shelled and deveined • 4 Dry Red Chillies • 1/2 teaspoon Whole Black Peppercorns • 1/2 teaspoon Cumin seeds (Jeera) • 1/4 teaspoon Mustard seeds • 1/4 Methi Seeds (Fenugreek Seeds) • 1/2 teaspoon Coriander (Dhania) Seeds • 1/2 Fennel seeds (Saunf) • 1 tablespoon Tamarind - soaked in 1/4 cup warm water • 1 teaspoon Turmeric powder (Haldi) • 2 teaspoon Red Chilli powder • 1/4 Cup Curd (Dahi / Yogurt) • 1/2 Lemon juice • 6 cloves Garlic • 2 tablespoons Ghee - plus 1 teaspoon • Salt - as per taste.	2

Preparation

- To begin making the Prawn Ghee Roast recipe, soak the chillies in warm water for 1 hour, drain the water and reserve the chillies.
- Clean the prawns, wash and pat them dry.
- Soak tamarind in 1/4 cup warm water for 10 minutes.
- Once soaked squeeze the tamarind.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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320

26

8

20

2

2

