

Recipe Name: Prawns Fried Rice Recipe
Diet Type:
Course: Lunch
Cuisine: Indian
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 cup rice	4
• 2 bay leaves	
• 2 onions	
• 5 cloves garlic	
• 1/2 inch ginger	
• 1 teaspoon soy sauce	
• 1/2 carrot	
• 1 teaspoon green chilli sauce	
• 1/2 capsicum (green)	
• 1 small Spoon Roasted Tomato Sauce	
• 8 Prawns - Marinate	
• 1 tablespoon Butter	
• 2 tablespoons Oil - As per the usage	
• 2 Long	
• 4 Whole Pepper	
• 1/2 Teaspoon Dal Sugar Powder	
• 1/2 teaspoon Black Pepper Powder	
• 1 tablespoon green coriander - chopped	
• salt - as per taste	
• 1/2 teaspoon red chilli powder	
• 1/2 teaspoon turmeric powder	
• salt - as per taste	

Preparation

- To make prawn fried rice, first marinate the prawns.
- Now put red chili powder, turmeric powder, salt on it and keep it aside for 30 minutes.
- Take out the peel of the carrot and chop it thin.



- Also cut the capsicum thinly.
- In a saucepan, add the rice along with bay leaves, black pepper and salt.
- Add water and cook rice as per use.
- Add 1 teaspoon of oil to it so that the rice does not stick.
- After the rice is cooked, cool it down.
- Add cinnamon powder and black pepper powder to the rice and mix.
- Now heat oil in a pan and add onions.
- Cook onion until it becomes soft.
- Now add ginger garlic paste and cook for next 2 minutes.
- Now add vegetables and let it cook for 2 minutes.
- Cut the prawns in 2 or 3 pieces and put them in the pan.
- Let it cook for 7 to 8 minutes.
- After 8 minutes add all the sauces, mix and cook for 1 minute.
- Add salt and butter, mix and garnish with green coriander.
- Serve prawn fried rice with Manchurian for dinner.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
450	20	60	15	3	2