INDIAN · DINNER · LUNCH

# Kerala Coconut Prawn Curry

20 min · Serves 3 · 264 kcal a serve · Video 6:05 · HK's Keto & Low Carb Recipes

Pescatarian · Gluten-free ingredients · Dairy-free · Nut-free

Prawns simmered in coconut milk with a fresh onion, tomato, ginger and garlic paste: about 15 g protein and 8 g net carbs a serve, rich in selenium, with no added sugar.

**Diet notes:** Keto (7.8 g net carbs a serve).

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## Ingredients 17 · SERVES 3

- [ ] 1 small **red onion**
- [ ] 1 small **tomato**
- [ ] 1 **green chilli**, deseeded
- [ ] 10 g **fresh ginger**
- [ ] 4–5 cloves **garlic**
- [ ] 1 tbsp **coconut oil**
- [ ] 1/2 tbsp **mustard seeds**
- [ ] 10–12 **curry leaves**
- [ ] 1/2 tsp **red chilli powder**
- [ ] 1/2 tsp **turmeric powder**
- [ ] 1/2 tsp **coriander powder**
- [ ] 1 tsp **salt**
- [ ] 30–50 ml **water**
- [ ] a couple of pieces of **kokum** (or a little tamarind)
- [ ] 200 ml **coconut milk**
- [ ] 200 g **prawns**, peeled and deveined
- [ ] **fresh coriander**, to finish

**Contains:** Crustacea. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Blend the onion, tomato, green chilli, ginger and garlic to a paste. 1:00
2. Heat the coconut oil in a saucepan and fry the mustard seeds and curry leaves until the seeds start to pop. 1:36
3. Add the paste with the chilli powder, turmeric, coriander powder and salt and fry briefly. Swish the water round the blender, pour it in, cover and cook 5–7 minutes. 1:48
4. Add the kokum and coconut milk and simmer a few minutes. 2:30
5. Add the prawns, cover and cook about 3 minutes until just pink. Finish with fresh coriander. 3:05

> **Tip** The cook serves it with plain cauliflower rice. Fish (or chicken, simmered 10–15 minutes) can replace the prawns. No kokum? Use a little tamarind or a good squeeze of lemon juice.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 3 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE |
|---|---|---|
| 264 kcal<br>1,100 kJ | 16 g<br>31% of a day | 9.5 g<br>7.8 g net · 2.6 g sugars<br>3% of a day |

| FIBRE | FAT | SODIUM |
|---|---|---|
| 1.6 g<br>6% of a day | 20 g<br>16 g saturated<br>25% of a day | 850 mg<br>37% of a day |

**Energy from** net carbs 11% · protein 23% · fat 66% — fits keto: 7.8 g net carbs, 66% of the energy from fat

**High in** (20%+ of a day) Selenium 63% · Vitamin B12 38%

**Source of** (10–19%) Iron 18% · Magnesium 15% · Zinc 14% · Vitamin B6 14% · Omega-3 13% · Vitamin C 12% · Potassium 10%

**Recipe and video:** HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=gS9CHfSkIAE, published 3 October 2017. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/kerala-coconut-prawn-curry-keto