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Shrimp Curry

Shrimp curry is a delicious and flavorful dish that originated in South Asia. It is made by cooking shrimp in a spicy and aromatic curry sauce. The dish is typically consumed with rice or bread and is popular in many countries around the world.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Shrimp
150 g	onion
200 g	Tomato
400 ml	coconut milk
2 tsp	curry powder

4 cloves	garlic
2 tsp	Ginger
1 tsp	chili powder
1 tsp	turmeric powder
1 tsp	salt
2 tbsp	vegetable oil
10 g	Cilantro

Directions

Step 1

Preparation

Clean and devein the shrimp.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Chop the onion, tomato, garlic, and ginger.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Sautéing

Heat vegetable oil in a pan and sauté the chopped onion, garlic, and ginger until golden brown.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Cooking

Add the chopped tomato and cook until soft.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Cooking

Add curry powder, chili powder, turmeric powder, and salt. Cook for 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Cooking

Add the cleaned shrimp and cook for 3-4 minutes until they turn pink.

Prep Time: 0 mins

Cook Time: 4 mins

Step 7

Simmering

Pour in the coconut milk and simmer for 10 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Step 8

Serving

Garnish with chopped cilantro and serve hot with rice or bread.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	150 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Cuisines

Indian

Course

Drinks

Salads

Soups

Sauces & Dressings

Cooking Method

Steaming

Blanching

Sautéing

Smoking

Blending

Grinding

Freezing

Canning

Pickling

Sous Vide

Fermenting

Pressing

Stirring

Simmering

Cooking

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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