

# Chemeen Curry - Shrimp In Coconut Sauce

**S**HRIMP IN COCONUT SAUCE has a creamy coconut sauce with a hint of tangy tamarind. It can be eaten with any of the rice dishes like VEGETABLE RICE, COCONUT RICE, or LIME RICE. SHRIMP IN COCONUT SAUCE can also be enjoyed as a delicately flavored summer dish served with a green salad.

## Ingredients (To serve 4)

- Shrimp - ½ lb / 225 gm
- Medium onion - 1
- Ginger - 1-inch / 2.5-cm piece
- Small green chilies - 4
- Tamarind concentrate - ½ tsp
- Olive oil - 2 tbsp
- Mustard seeds - ½ tbsp
- Fenugreek seeds (*methi*) - ¼ tsp
- Red chili powder - ½ tsp
- Turmeric powder - ¼ tsp
- Coconut milk - 7 fl oz / 207 ml
- Salt - ½ tsp
- Pepper - 1 tsp

### Nutrition Information

	(per serving)	%DV
Calories	285	14 %
Carbohydrates	13 gm	4 %
Protein	15 gm	30 %
Fat	21 gm	32 %
Cholesterol	86 mg	29 %
Sodium	395 mg	16 %
Fiber	3 gm	12 %
Calcium	66 mg	7 %
Iron	3 mg	17 %

## Utensils

- Medium pan

## Preparation (10 minutes)

1. Clean, de-vein, and wash the shrimp.
2. Peel and mince the onion.
3. Peel and mince the ginger.
4. Trim the stems off and mince the green chilies.
5. Dilute the tamarind concentrate with 2 tbsp warm water.

## Cooking (12 minutes)

1. Heat the oil in the pan over high heat.
2. Add the mustard seeds to the hot oil.
3. When the mustard seeds start to pop, add the fenugreek seeds and stir-fry for about 15 seconds.
4. Add the minced onion and sauté until golden brown.
5. Add the minced ginger and green chilies. Stir-fry for a minute.
6. Add the red chili and turmeric powders and stir-fry the mixture until the aroma of the spices is released.
7. Add the shrimp to the pan. Mix the shrimp to coat it well with the spice mixture.
8. Add the tamarind liquid and coconut milk to the pan.
9. Once the liquid starts to boil, reduce the heat, and cook until the shrimp turns pink, about 7 minutes.
10. Season with the salt and pepper.

**Serve:** Hot.