INDIAN · LUNCH · DINNER

Bangladeshi Shrimp Malai Curry (Chingri Malaikari)

30 min · Serves 4 · 462 kcal a serve · Video 3:40 · Banglar Rannaghor

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

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A serve gives about 20 g of protein, mostly from the shrimp, and the curry is low in carbs, with no added sugar (many malaikari recipes add some). Coconut milk makes it rich, and the mustard oil adds omega-3 fats.

Diet notes: Keto (9.4 g net carbs a serve); Paleo with a swap: avocado oil instead of the mustard oil.

Ingredients 20 · SERVES 4

- [ ] 1¼ lb **shrimp**, head on (shells and heads not eaten)
- [ ] 1¼ tsp **salt** (½ tsp for the shrimp, ¾ tsp for the curry), or to taste
- [ ] ½ tsp **chilli powder**, for the shrimp
- [ ] 1½ tsp **turmeric powder** (½ tsp for the shrimp, 1 tsp for the curry)
- [ ] a little **mustard oil** to fry the shrimp (about 1 tbsp)
- [ ] 4 tbsp **mustard oil**
- [ ] ½ tsp **cumin seeds**
- [ ] 3 **cardamom pods**, crushed
- [ ] 2–3 small **cinnamon** sticks
- [ ] 2 **dry red chillies**, broken in half
- [ ] 1¼ cups thinly sliced **onion**
- [ ] 1 **bay leaf**
- [ ] 1 tsp **ginger paste**
- [ ] 1 tsp **garlic paste**
- [ ] 2 **tomatoes**, chopped
- [ ] 1½ tsp **Kashmiri chilli powder** (or paprika)
- [ ] 3–4 tbsp **water** for the masala, plus ¼ cup warm water
- [ ] 1¾ cups **warm coconut milk**
- [ ] 5–6 **green chillies**
- [ ] 1 tsp **roasted cumin powder**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Crustacea, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Toss the shrimp with ½ tsp each of salt, chilli powder and turmeric and fry lightly in a little mustard oil in a separate frying pan, 1–2 minutes a side. Set aside. 3:08
2. Heat the 4 tbsp mustard oil until it just smokes, then lower the heat. Add the cumin seeds, cardamom, cinnamon and dry red chillies, then the onion and bay leaf, and fry until the onion is light brown. 0:12
3. Stir in the ginger and garlic pastes for 30 seconds, then add the tomatoes, ¾ tsp salt, 1 tsp turmeric and the Kashmiri chilli powder and sauté. 0:57
4. Add 3–4 tbsp water, cover and cook on low for 3 minutes, then uncover and sauté until the oil separates. 1:42
5. Add the fried shrimp, the warm coconut milk and ¼ cup warm water. Cover and cook on low for 3 minutes, then add the green chillies and sprinkle with roasted cumin powder. 2:10

Tip Serves 4 (our estimate). Shrimp cook fast: fry them only briefly and add them back at the end so they stay tender. Serve with plain rice.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
462 kcal 1,930 kJ	19 g 39% of a day	12 g 9.4 g net · 3.6 g sugars 4% of a day

FIBRE	FAT	SODIUM
2.5 g 9% of a day	40 g 22 g saturated 51% of a day	820 mg 36% of a day

Energy from net carbs 8% · protein 16% · fat 76% — fits keto: 9.4 g net carbs, 76% of the energy from fat

High in (20%+ of a day) Omega-3 76% · Selenium 72% · Vitamin B12 47% · Iron 30% · Vitamin C 23% · Magnesium 20%

Source of (10–19%) Zinc 19% · Vitamin B6 18% · Potassium 15% · Vitamin E 13% · Folate 12% · Vitamin A 10%

Recipe and video: Banglar Rannaghor (@banglarrannaghor) on YouTube — youtube.com/watch?v=_T5XVN4sLvU, published 16 September 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/bangladeshi-shrimp-malai-curry