BANGLADESHI · LUNCH · DINNER

Chingri Bhuna (Bangladeshi Spicy Prawn Curry)

চিংড়ি মাছ ভুনা

40 min · Serves 2 · 406 kcal a serve · Video 6:45 in Bengali · The Rosui

Pescatarian · Gluten-free ingredients · No dairy listed

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Prawns in a spiced onion gravy thickened with a little cashew instead of cream or flour: about 30 g protein and 10 g net carbs a serve, with a day's selenium.

Diet notes: Low saturated fat (2.5 g, 6% of the energy); Paleo with a swap: olive, avocado or coconut oil instead of the vegetable oil.

Ingredients 14 · SERVES 2

- [ ] 500 g large **prawns**, heads and shells on (heads cleaned), deveined
- [ ] a little **salt and turmeric** to coat the prawns
- [ ] 50 ml **vegetable oil**
- [ ] 130 g chopped **onion**
- [ ] 1 tsp **garlic paste**
- [ ] 1 tsp **ginger paste**
- [ ] 1½ tsp **ground turmeric**
- [ ] 1 tbsp **red chilli powder**
- [ ] ½ tsp **ground cumin**
- [ ] ½ tsp **ground coriander**
- [ ] 470 ml **water**, added in two lots
- [ ] ½ tbsp **salt**
- [ ] 10–12 **cashews**, ground to a paste
- [ ] 4 **green chillies**

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

Allergens found in the listed ingredients: Crustacea, Tree nuts. 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. Heat the oil in a wide pan. Add the cleaned prawns (heads cleaned of any gel, veins removed), lightly coated with salt and turmeric, and fry about 1 minute a side, just until they colour. Lift them out. 0:31
2. In the same oil sauté the onion on medium heat for 3–4 minutes until soft, then add the garlic and ginger pastes and fry until the raw smell goes. 1:39
3. Add the turmeric, chilli powder, cumin and coriander with a splash of water, then 240 ml water and the salt. Cover and cook on medium-low for 10–12 minutes until the onion melts and the oil separates. 2:17
4. Stir in the cashew paste and the second cup of water and bring to a boil, stirring. 3:54
5. Add the prawns and green chillies, cover and cook on medium-high for about 10 minutes. 4:55
6. Uncover and stir a few times so the nut paste does not catch, then cover, turn the heat to the lowest and leave 3–4 minutes until the oil rises to the top. 5:20

> **Tip** Serves 2 as a main (our estimate for 500 g head-on prawns; 3 with rice). The ½ tbsp salt plus the salt on the prawns makes it salty; use less if you like. Eaten with rice or pulao; peanuts can stand in for the cashews.

The method is a summary in our words, in English — the video (in Bengali) shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
406 kcal	30 g	14 g	3.5 g	27 g	2,260 mg
1,700 kJ	59% of a day	10 g net · 4 g sugars	13% of a day	2.5 g saturated	98% of a day
		5% of a day		35% of a day	

Energy from net carbs 10% · protein 30% · fat 60% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 154% · Selenium 104% · Vitamin B12 78% · Vitamin E 46% · Vitamin B6 25% · Zinc 24% · Magnesium 21% · Vitamin K 20%

Source of (10–19%) Iron 18% · Vitamin A 17% · Vitamin C 17% · Potassium 13% · Folate 10%

⚠ One serve has about 98% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: The Rosui (@TheRosui) on YouTube — youtube.com/watch?v=ZTJJlaHvGY4, published 2 February 2024. 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/chingri-bhuna-bangladeshi-prawn-curry