EAST AFRICAN · LUNCH · DINNER

Kamba (Swahili Spiced Prawns with Peppers)

Kamba

30 min · Serves 4 · 221 kcal a serve · Video 3:04 in Swahili · Shuna's Kitchen

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

24 g protein and 3 g net carbs a serve: prawns cooked first in their own juices with peppers and spices, then finished with olive oil and lemon.

Diet notes: Low carb (3.2 g net carbs) but not keto: 51% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.8 g, 7% of the energy).

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Ingredients 12 · SERVES 4

- ☐ 2¼ lb whole **raw prawns**, shell on (kamba)
- ☐ ½ cup diced mixed **capsicum** (red, green and yellow)
- ☐ a few **curry leaves** (optional)
- ☐ about 3 cloves **garlic**, for 1 tbsp fresh garlic-ginger paste
- ☐ a ¾ inch piece **fresh ginger**, for the garlic-ginger paste
- ☐ 1 tsp **curry powder**
- ☐ ½ tbsp **ground cumin**
- ☐ ½ tbsp **ground black pepper**
- ☐ **salt**, to taste
- ☐ 3–4 tbsp **olive oil**
- ☐ chopped **hot chilli** (optional)
- ☐ **Lemon juice**: juice of 1 lemon or lime

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

Allergens found in the listed ingredients: Crustacea. 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. Clean the whole raw prawns (head and shell on) and drain them well. 0:30
2. Put the prawns in a wide pan and add everything except the oil, chilli and lemon: the capsicum, curry leaves, garlic-ginger paste, curry powder, cumin, black pepper and salt. Mix well. 1:14
3. Cover and cook over medium heat without any water for 5 minutes — the prawns release their own juices. 1:32
4. Uncover, stir and cook for another 7–10 minutes, until the liquid has dried up. 1:40
5. Once the pan is dry, add the olive oil (and the chilli if using) and fry, stirring, until the prawns are coated and lightly browned. 1:58
6. Squeeze in the lemon or lime juice, leave on the heat for 1–2 minutes more and serve. 2:24

Tip Serves 4 (our estimate). Peel the prawns at the table. Good with a tomato and onion kachumbari salad; in East Africa it is also eaten with rice, chapati or ugali.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
221 kcal 920 kJ	**24** g 48% of a day	**4.4** g 3.2 g net · 1.2 g sugars 2% of a day	**1.2** g 4% of a day	**12** g 1.8 g saturated 16% of a day	**500** mg 22% of a day

Energy from net carbs 6% · protein 44% · fat 50% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 89% · Vitamin B12 69% · Vitamin C 35% · Omega-3 25% · Vitamin E 24%

Source of (10–19%) Zinc 16% · Vitamin B6 15% · Magnesium 12%

Recipe and video: Shuna's Kitchen (@ShunasKitchen) on YouTube — youtube.com/watch?v=boRdQKMBD1Y, published 12 November 2018. 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/kamba-swahili-prawns