



Chingri Malai Parcel Recipe

Ingredients

- 50 gms MAGGI Coconut Milk Powder
- 300 gms Prawns
- 1 Pinch Salt
- 0.5 Teaspoon Turmeric Powder
- 1.5 Cups Warm Water
- 4 Teaspoons Mustard Oil
- 1 Bay Leaf
- 2 Green Cardamom
- 1 Cinnamon (1 Inch Pieces)
- 5 Cloves
- 1 Onion (Chopped)
- 3 Cloves Garlic
- 1 Tablespoon Ginger Paste
- 0.5 Teaspoon Red Chilli Powder
- 1 Tomato (Chopped)
- 1 Teaspoon Sugar
- 5 Green Chillies (Slit)
- 3 Teaspoons Ghee
- 6 Banana Leaves
- 0.5 Teaspoon Garam Masala Powder
- 3 Cups Gobhindobhog Rice

Zubereitung

1. Prepare ingredients as mentioned in the list. Wash the prawns and smear them with a little salt along with $\frac{1}{4}$ teaspoon of turmeric powder. Keep them aside. Dissolve the MAGGI Coconut Milk Powder in warm water.
2. Heat the mustard oil in a karahi and add the bay leaf along with the whole spices. When they start to splutter, add the chopped onion and crushed garlic. Fry the onions just till they turn light brown in colour.
3. Now add the ginger paste, the remaining ($\frac{1}{4}$ teaspoon) turmeric powder and the red chilli powder. Fry for a minute.
4. Add the chopped tomatoes and fry well till cooked. Then, add the marinated prawns and sauté for 5 minutes.
5. Add the prepared MAGGI Coconut Milk Powder, salt, sugar and green chillies. Let it simmer for 8-10 minutes, until the prawns are cooked and the gravy thickens.
6. To finish, add 1 tsp ghee and garam masala powder and remove from fire.
7. Take a square of banana leaf and grease one side with ghee, Place half a cup of cooked Gobindobhog rice and pour a ladleful of the Chingri Malai curry with 5-6 prawns over the rice. Fold the leaf carefully from all four sides and secure with a toothpick. Make six such parcels with the banana leaves, rice and curry. Heat through in a non-stick frying pan.
8. Serve the Malai Chingri parcels with Kasundi.

Nährwerte an

Carbohydrates	88.24 g
Energy	695.55 kcal
Fats	9.97 g

⌚ 82 Minutes

⊕ 6 Servings

Protein

18.28 g