



Vannamei MEDIUM PRAWNS

Tender • Juicy • Flavorful •

curated by



OCEANBAY
FOODS LLP





North Indian Prawn Masala

Rich Tomato & Cashew Curry

INGREDIENTS

- 300g OceanBay Medium Vannamei Prawns
- 2 onions, finely chopped
- 2 tomatoes, pureed
- 1 tbsp ginger garlic paste
- 2 tbsp cashew paste
- 1 tsp red chilli powder
- ½ tsp turmeric powder
- 1 tsp garam masala
- 2 tbsp butter
- 2 tbsp cream
- Salt to taste
- Fresh coriander

INSTRUCTIONS

- Clean and marinate prawns with turmeric and salt for 10 minutes.
- Heat butter in a pan and sauté onions until golden brown.
- Add ginger garlic paste and cook until aromatic.
- Stir in tomato puree and cook until oil separates.
- Add chilli powder, garam masala, and cashew paste.
- Add prawns and cook for 5–6 minutes.
- Finish with cream and fresh coriander.
- Simmer for 2 minutes and serve hot.



Prep Time

20 mins



Cooking Time

30 mins

Kcal.(approx.)

340kcal
(per serving)

Andhra Royyala Pulusu

Tangy Andhra-Style Prawn Curry



INGREDIENTS

- 300g OceanBay Medium Vannamei Prawns
- 1 onion, chopped
- 1 tomato, chopped
- 2 tbsp tamarind extract
- 1 tsp red chilli powder
- ½ tsp turmeric powder
- 1 tsp coriander powder
- Curry leaves
- 2 green chillies
- 2 tbsp oil
- Salt to taste

INSTRUCTIONS

- Heat oil in a kadai and add curry leaves and green chillies.
- Sauté onions until soft and lightly golden.
- Add tomatoes and cook until mushy.
- Stir in chilli powder, turmeric, and coriander powder.
- Add tamarind extract and bring to a simmer.
- Add prawns and cook for 6–7 minutes.
- Simmer until the curry thickens slightly.
- Serve hot with steamed rice.

Prep Time

15 mins



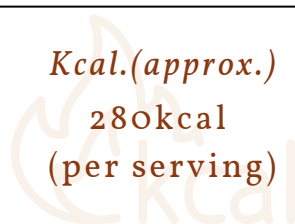
Cooking Time

25 mins



Kcal.(approx.)

280kcal
(per serving)



Chettinad Prawn Pepper Fry

Spicy Tamil Nadu Style Roast

INGREDIENTS

- 300g OceanBay Medium Vannamei Prawns
- 1 onion, chopped
- 1 tomato, chopped
- 2 tbsp tamarind extract
- 1 tsp red chilli powder
- ½ tsp turmeric powder
- 1 tsp coriander powder
- Curry leaves
- 2 green chillies
- 2 tbsp oil
- Salt to taste

INSTRUCTIONS

- Heat oil in a kadai and add curry leaves and green chillies.
- Sauté onions until soft and lightly golden.
- Add tomatoes and cook until mushy.
- Stir in chilli powder, turmeric, and coriander powder.
- Add tamarind extract and bring to a simmer.
- Add prawns and cook for 6–7 minutes.
- Simmer until the curry thickens slightly.
- Serve hot with steamed rice.

Prep Time

15 mins

Cooking Time

20 mins

Kcal.(approx.)

300kcal
(per serving)



Malai Prawn Curry

Creamy Bengali Coconut Curry

INGREDIENTS

- 300g OceanBay Medium Vannamei Prawns
- 1 cup coconut milk
- 1 onion paste
- 1 tsp ginger paste
- 2 green chillies
- Whole spices
- 2 tbsp mustard oil
- ½ tsp turmeric powder
- Salt to taste

INSTRUCTIONS

- Heat mustard oil and lightly fry the prawns for 2 minutes. Remove and keep aside.
- In the same pan, sauté whole spices and onion paste.
- Add ginger paste and cook until aromatic.
- Pour in coconut milk and simmer gently.
- Add prawns and green chillies.
- Cook for 5–6 minutes until creamy and flavorful.
- Serve hot with basmati rice.



Prep Time

20 mins



Cooking Time

25 mins



Kcal.(approx.)

360kcal
(per serving)



Prawn Korma

Mild Mughlai-Style Curry

INGREDIENTS

- 300g OceanBay Medium Vannamei Prawns
- 1 onion, sliced and fried
- ½ cup yogurt
- 2 tbsp cashew paste
- 1 tsp ginger garlic paste
- Cardamom and cloves
- 2 tbsp cream
- 1 tbsp ghee
- Salt to taste

INSTRUCTIONS

- Heat ghee and sauté whole spices.
- Add ginger garlic paste and cook briefly.
- Mix in yogurt, cashew paste, and fried onions.
- Cook until the gravy becomes rich and smooth.
- Add prawns and simmer for 5–6 minutes.
- Finish with cream and serve warm.



Prep Time

20 mins



Cooking Time

30 mins

Kcal.(approx.)

380kcal
(per serving)

Prawn Ghee Roast

Fiery Mangalorean Classic

INGREDIENTS

- 300g OceanBay Medium Vannamei Prawns
- 8 Byadgi chillies
- 1 tsp tamarind pulp
- 6 garlic cloves
- 3 tbsp ghee
- Curry leaves
- Salt to taste

INSTRUCTIONS

- Soak Byadgi chillies in warm water and grind with garlic and tamarind into a paste.
- Heat ghee and sauté curry leaves.
- Add the prepared masala paste and cook until aromatic.
- Add prawns and roast on medium flame.
- Cook until prawns are coated in thick spicy masala.
- Finish with extra ghee for authentic flavor.

Prep Time

20 mins

Cooking Time

25 mins

Kcal.(approx.)

390kcal
(per serving)

Coastal Prawn Coconut Pulao

Fragrant One-Pot Seafood Rice

INGREDIENTS

- 300g OceanBay Medium Vannamei Prawns
- 2 cups basmati rice
- 1 cup coconut milk
- 1 onion, sliced
- Whole spices
- Mint leaves
- Fried onions
- 2 tbsp oil/ghee
- Salt to taste

INSTRUCTIONS

- Wash and soak rice for 20 minutes.
- Heat oil/ghee and sauté whole spices and onions.
- Add prawns and cook lightly for 3–4 minutes.
- Add rice, coconut milk, water, mint, and salt.
- Cover and cook until rice is fluffy and aromatic.
- Garnish with fried onions before serving.

Prep Time

20 mins

Cooking Time

30 mins

Kcal.(approx.)

480 kcal
(per serving)

Crispy Andhra Prawn Vepudu

Spicy Semi-Dry Prawn Fry

INGREDIENTS

- 300g OceanBay Medium Vannamei Prawns
- Curry leaves
- 2 green chillies
- 1 tbsp garlic paste
- 1 tsp red chilli powder
- 1 tsp coriander powder
- 2 tbsp oil
- Salt to taste

INSTRUCTIONS

- Heat oil and sauté curry leaves and green chillies.
- Add garlic paste and cook until fragrant.
- Stir in chilli powder and coriander powder.
- Add prawns and cook on high flame.
- Toss continuously until slightly crisp and coated well in masala.
- Serve hot as a side or starter.

Prep Time

15 mins

Cooking Time

20 mins

Kcal.(approx.)

320 kcal
(per serving)

FRESHNESS YOU CAN TASTE. QUALITY YOU CAN TRUST

OceanBay Foods delivers premium seafood crafted for freshness, quality, and exceptional taste. Responsibly sourced and expertly processed, our farm-raised Vannamei prawns are naturally tender, flavorful, and perfect for both everyday meals and gourmet creations.

**From coast to kitchen, we bring you
seafood you can trust.**



OCEANBAY
FOODS LLP