



Vannamei SMALL PRAWNS

Tender • Juicy • Flavorful •

curated by



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Spicy Andhra-Style Prawn Curry

INGREDIENTS

- 250g OceanBay Small Vannamei Prawns
- 2 onions, finely chopped
- 2 tomatoes, chopped
- 1 tbsp ginger garlic paste
- 2 green chillies
- 1 sprig curry leaves
- 1 tsp turmeric powder
- 1½ tsp red chilli powder
- 1 tsp coriander powder
- ½ tsp garam masala
- Salt to taste
- 2 tbsp oil
- Fresh coriander for garnish

INSTRUCTIONS

- Clean and rinse prawns thoroughly. Marinate with turmeric and salt for 10 minutes.
- Heat oil in a pan and add curry leaves and green chillies.
- Add onions and sauté until golden brown.
- Stir in ginger garlic paste and cook until aromatic.
- Add tomatoes and cook until soft and oil separates.
- Mix in chilli powder, coriander powder, and garam masala.
- Add prawns and cook for 5–6 minutes on medium flame.
- Simmer until the masala thickens and coats the prawns well.
- Garnish with fresh coriander.

Prep Time

15 mins

Cooking Time

20 mins

Kcal.(approx.)

240kcal
(per serving)



Coastal Prawn Biryani

Fragrant Dum-Style Seafood Biryani

INGREDIENTS

- 300g OceanBay Small Vannamei Prawns
- 2 cups basmati rice
- 2 onions, sliced
- 1 tomato, chopped
- ½ cup yogurt
- 1 tbsp ginger garlic paste
- Mint leaves
- Coriander leaves
- Whole spices
- 1 tsp biryani masala
- Saffron milk
- Salt
- 3 tbsp oil/ghee

INSTRUCTIONS

- Wash and soak rice for 20 minutes.
- Marinate prawns with yogurt, salt, ginger garlic paste, and biryani masala for 15 minutes.
- Fry onions until golden and reserve half for garnish.
- Add whole spices and sauté tomatoes until soft.
- Add marinated prawns and cook for 4-5 minutes.
- Parboil rice separately until 70% cooked.
- Layer rice over prawn masala. Top with mint, coriander, fried onions, and saffron milk.
- Cover tightly and cook on dum for 15 minutes on low flame.
- Rest for 5 minutes before serving.



Prep Time

25 mins



Cooking Time

35 mins

Kcal.(approx.)

520 kcal
(per serving)



Kerala Prawn Coconut Roast

Rich Coconut Coastal Curry

INGREDIENTS

- 250g OceanBay Small Vannamei Prawns
- 1 cup coconut milk
- 8 shallots, sliced
- 1 tsp black pepper
- 1 tsp chilli powder
- Curry leaves
- 1 tbsp ginger garlic paste
- Coconut oil
- Salt

INSTRUCTIONS

- Heat coconut oil in a pan and sauté curry leaves and shallots.
- Add ginger garlic paste and cook until fragrant.
- Add chilli powder and black pepper.
- Stir in prawns and cook for 4 minutes.
- Pour coconut milk and simmer gently for 8–10 minutes.
- Continue cooking until the gravy thickens slightly.
- Finish with curry leaves fried in coconut oil.



Prep Time

15 mins



Cooking Time

25 mins



Kcal.(approx.)

310kcal
(per serving)



Crispy Prawn Pakora

Crunchy Tea-Time Snack

INGREDIENTS

- 250g OceanBay Small Vannamei Prawns
- 1 cup gram flour
- 2 tbsp rice flour
- 1 green chilli, chopped
- Curry leaves
- ½ tsp ajwain
- Chilli powder
- Salt
- Water as needed
- Oil for frying

INSTRUCTIONS

- Combine gram flour, rice flour, spices, curry leaves, and green chilli.
- Add little water to make a thick batter.
- Mix prawns into the batter until coated evenly.
- Heat oil for deep frying.
- Drop small portions into hot oil and fry until golden and crispy.
- Drain excess oil on tissue paper.



Prep Time

15 mins



Cooking Time

15 mins

Kcal.(approx.)

340kcal
(per serving)

Garlic Butter Prawn Skillet

Quick Restaurant-Style Appetizer

INGREDIENTS

- 250g OceanBay Small Vannamei Prawns
- 3 tbsp butter
- 6 garlic cloves, minced
- Crushed pepper
- Lemon juice
- Parsley or coriander
- Salt

INSTRUCTIONS

- Heat butter in a skillet over medium heat.
- Add garlic and sauté until aromatic.
- Add prawns and cook for 3–4 minutes.
- Season with salt, pepper, and lemon juice.
- Toss well until prawns are glossy and cooked through.
- Garnish with parsley or coriander.

Prep Time

10 mins

Cooking Time

15 mins

Kcal.(approx.)

280 kcal
(per serving)

Prawn Fried Rice

Indo-Asian Comfort Bowl

INGREDIENTS

- 250g OceanBay Small Vannamei Prawns
- 3 cups cooked rice
- 1 cup mixed vegetables
- 2 garlic cloves
- Soy sauce
- Pepper powder
- Spring onions
- Oil

INSTRUCTIONS

- Heat oil in a wok and sauté garlic.
- Add vegetables and stir-fry on high flame.
- Add prawns and cook for 4 minutes.
- Add cooked rice and toss well.
- Stir in soy sauce and pepper.
- Finish with spring onions.

Prep Time

15 mins

Cooking Time

15 mins

Kcal.(approx.)

430 kcal
(per serving)

Mango Prawn Curry

Sweet & Tangy Coastal Curry

INGREDIENTS

- 250g OceanBay Small Vannamei Prawns
- 1 ripe mango, cubed
- ½ cup coconut milk
- Green chillies
- Mustard seeds
- Curry leaves
- Turmeric powder
- Salt
- Coconut oil

INSTRUCTIONS

- Heat coconut oil and splutter mustard seeds.
- Add curry leaves and green chillies.
- Add prawns with turmeric and sauté lightly.
- Stir in mango pieces and cook for 3–4 minutes.
- Add coconut milk and simmer gently.
- Cook until the curry turns slightly thick and aromatic.

Prep Time

15 mins

Cooking Time

20 mins

Kcal.(approx.)

260kcal
(per serving)



Prawn Masala Pulao

One-Pot Spicy Seafood Rice

INGREDIENTS

- 300g OceanBay Small Vannamei Prawns
- 2 cups basmati rice
- 1 onion, sliced
- 1 tomato, chopped
- Whole spices
- Mint leaves
- Green peas
- Ginger garlic paste
- Salt
- Oil/ghee

INSTRUCTIONS

- Wash and soak rice for 20 minutes.
- Heat oil/ghee and sauté whole spices and onions.
- Add ginger garlic paste and tomatoes.
- Stir in prawns and cook for 4 minutes.
- Add rice, peas, mint, salt, and water.
- Cover and cook until rice is fluffy and fully cooked.
- Rest for 5 minutes before fluffing gently.



Prep Time

20 mins



Cooking Time

25 mins

Kcal.(approx.)

470 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.**



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