



## Singapore Chilli Crab

### Ingredients

- kilogram lagoon crab
- Mediums Egg
- g Ginger
- tbsp Corn oil
- tbsp Garlic
- cups Water
- g Spring Onions
- tbsp Tomato sauce
- g Capsicum
- tbsp Chilli Paste
- g Chili powder
- tbsp Soya sauce
- cube MAGGI Chicken Seasoning Cube
- g Cooking wine
- g Corn flour
- g Pepper
- g Salt
- g Parsly
- g Chili powder
- pieces Cinnamon
- tbsp Kuskus
- tbsp Washed dhal
- tbsp Cardamom
- g Oil
- tbsp Cloves

### Instructions

1. Remove the claws from the body of the crab. Break the crab claws into two. Cut the body of the crab into four. Wash and clean.
2. Season the crab meat with salt and white pepper. Dip in 1 egg white and dust corn flour.
3. Slightly heat oil in a pan and cook the crab on medium heat.
4. Stir in the ginger and garlic.
5. Add half of the spring onion leaves and capsicum.
6. After a few minutes pour in the water, MAGGI Jumbo Chicken Cube and all other ingredients. Bring to boil.
7. Cover and cook for 6-8 minutes.
8. Add cornflour dissolved in a little water to the dish and cook until the gravy thickens.
9. Stir in the remaining capsicum and spring onion leaves.
10. Pour in a slightly beaten one egg white and stir.
11. Serve warm garnished with sliced oranges and parsley.

### Nutrition

Carbohydrates	39.84 g
Energy	414.88 kcal
Fats	19.63 g
Fiber	8.61 g
Protein	57.79 g
Sodium	3387.56 mg
Sugars	3387.56 mg

60 Minutes

4 Portions