

Southern Indian Fish Curry/ Meen Kulambu

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/silver-pomfret-indian-recipe>

Ingredients:

- 1 kilogram pomfret
- 1 onion
- 1 teaspoon cumin seeds
- 3 tomato
- 1 1/2 cups extract
- 1 1/2 teaspoons chili powder
- 3 teaspoons coriander powder
- 1/2 teaspoon fenugreek
- 1/2 teaspoon turmeric powder
- 3 tablespoons sesame oil
- 3 curry leaves

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 200 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 47 grams
7. SaturatedFat: 4 grams
8. Sodium: 200 milligrams
9. Sugar: 14 grams

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