

# Goan Fish Curry

Yield: 5 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-fish-curry-recipe-haddock>

## Ingredients:

- 1 1/2 pounds fish firm, cut into chunks
- salt
- 2 lemons
- 2 teaspoons black pepper
- 1/2 teaspoon fenugreek optional
- 1/2 teaspoon cumin
- 2 teaspoons turmeric
- 1 tablespoon ground coriander
- 1 tablespoon fresh ginger minced
- 5 chiles such as Thai, Tabasco, arbol or serrano
- 4 cloves garlic chopped
- 1 1/2 inches tamarind piece of, or 1 tablespoon tamarind paste
- 1/2 cup coconut water water, is nice here
- 1 can coconut milk
- 2 tablespoons vegetable oil or clarified butter, ghee
- 1 onion sliced
- 5 jalapenos sliced
- 1/3 cup chopped cilantro

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 90 milligrams
4. Fat: 36 grams
5. Fiber: 6 grams
6. Protein: 33 grams
7. SaturatedFat: 19 grams
8. Sodium: 440 milligrams
9. Sugar: 4 grams

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