

# Southern Indian rice & seafood soup

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-seafood-soup-recipe>

## Ingredients:

- 5 tablespoons vegetable oil
- 3 tablespoons brown mustard seeds
- 1 handful fresh curry leaves picked off their stalks
- 2 teaspoons cumin seeds
- 1 teaspoon garam masala
- 1 1/2 teaspoons chilli powder
- 2 teaspoons turmeric
- 3 red chillies deseeded and finely sliced
- 2 fresh ginger large thumb-sized pieces, peeled and grated
- 6 cloves garlic peeled and finely chopped
- 2 onions peeled and finely chopped
- 2 handfuls basmati rice
- 2 3/8 cups water
- 1 1/3 pounds fish from sustainable sources, ask your fishmonger, skinned, filleted and cut into 2-3 inch chunks
- 1 11/16 cups light coconut milk
- sea salt
- ground black pepper freshly
- 2 limes
- 1 handful fresh coriander roughly chopped
- 3 tablespoons grated coconut freshly

## Nutrition:

1. Calories: 860 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 90 milligrams
4. Fat: 56 grams

5. Fiber: 7 grams
  6. Protein: 37 grams
  7. SaturatedFat: 26 grams
  8. Sodium: 310 milligrams
  9. Sugar: 7 grams
  10. TransFat: 0.5 grams
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