

Quick Goan Fish Curry

Yield: 4 min
Total Time: 12 min

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

Ingredients:

- 3 cloves garlic finely chopped
- 3 centimeters ginger finely chopped
- 1 green chilli deseeded
- 2 tomatoes
- 1 onion finely chopped
- 1 tablespoon coconut oil
- 1 tablespoon Garam Masala
- 1 tablespoon ground cumin
- 1 tablespoon turmeric
- 15 ounces full fat coconut milk
- 1/2 teaspoon salt
- 1 lime juice only
- 1/2 bunch cilantro roughly chopped
- 11/16 pound cod fish chopped into large chunks

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 17 grams
3. Fat: 30 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. SaturatedFat: 25 grams
7. Sodium: 320 milligrams
8. Sugar: 7 grams

Thank you for visiting our website. Hope you enjoy Quick Goan Fish Curry above. You can see more 20 cod fish curry indian recipe Taste the magic today! to get more great cooking ideas.