

East African Fish Stew

Yield: 6 min
Total Time: 65 min

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

Ingredients:

- 4 pounds fish heads and bones, gills and guts removed
- 2 quarts coconut water or just plain water
- 1 cup chopped onion
- 2 celery stalks chopped
- 2 carrots chopped
- 3 bay leaves
- 1 inch ginger piece of, chopped
- 2 tablespoons palm oil peanut oil or vegetable oil
- 2 cups chopped onion
- 8 ounces tomato sauce
- 2 tablespoons curry powder
- 1 large potato peeled and cut into 1-inch chunks
- 2 bell peppers sweet, diced
- 2 plum tomatoes diced
- 2 habanero chiles minced, optional
- 1 cup coconut milk
- 1 pound fish skinless and boneless, cut into 1-inch chunks
- 1 pound peeled shrimp or crabmeat
- 1/4 cup chopped cilantro

Nutrition:

1. Calories: 930 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 340 milligrams
4. Fat: 40 grams
5. Fiber: 11 grams
6. Protein: 95 grams
7. SaturatedFat: 15 grams
8. Sodium: 830 milligrams

9. Sugar: 21 grams

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