

Pakistani Fish Karahi

Yield: 2 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/fish-karahi-recipe-pakistani>

Ingredients:

- 1 teaspoon Garam Masala
- 2 tablespoons olive
- 1 1/8 pounds fish fillet
- 2 onions
- 2 tablespoons lemon juice
- 5 tomatoes
- 1 teaspoon salt
- 1 teaspoon red chilli
- 1/4 teaspoon turmeric
- 1 1/8 pounds fish fillet Sole fish or any firm white flesh fish
- 2 onions medium, chopped 1+1/2 cup
- 2 tablespoons lemon juice
- 5 tomatoes diced 3 cups
- 6 garlic cloves
- 1 teaspoon salt
- 1 teaspoon red chilli ground
- 1/4 teaspoon turmeric
- 1 teaspoon Garam Masala ground
- 2 tablespoons olive oil
- ginger julienne cut
- green chilli pepper chopped
- coriander leaves fresh, chopped

Nutrition:

1. Calories: 820 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 240 milligrams
4. Fat: 20 grams
5. Fiber: 12 grams

6. Protein: 104 grams
 7. SaturatedFat: 2 grams
 8. Sodium: 2880 milligrams
 9. Sugar: 28 grams
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