

Pressure Cooked Coconut Fish Curry

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1 1/2 pounds fish steaks or fillets, rinsed and cut into bite-size pieces, fresh or frozen and thawed
- 1 tomato chopped, or a heaping cup of cherry tomatoes
- 2 green chiles sliced into strips
- 2 onions Medium, sliced into strips
- 2 garlic cloves squeezed
- 1 tablespoon ginger freshly grated, or ? tsp. Ginger Powder
- 6 curry leaves or Bay Laurel Leaves, or Kaffir Lime Leaves, or Basil
- 1 tablespoon ground coriander
- 2 teaspoons ground cumin
- 1/2 teaspoon ground turmeric
- 1 teaspoon chili powder
- 1 teaspoon pepper flakes
- 1 teaspoon chili powder
- 1/2 teaspoon fenugreek Ground, Methi
- 3 tablespoons curry powder mix., instead of the 5 spices noted above
- 2 cups coconut milk or, 500ml un-sweetened
- salt to taste, I used about 2 tsp.
- lemon juice to taste, I used the juice from 1/2 lemon

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 22 grams
3. Fat: 30 grams
4. Fiber: 7 grams
5. Protein: 5 grams
6. SaturatedFat: 25 grams
7. Sodium: 240 milligrams

8. Sugar: 8 grams

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