

# Goan Fish Curry (Indian)

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/tomato-pulp-indian-recipe>

## Ingredients:

- 2 1/2 tablespoons chilli powder Kashmiri, Note 12 1/2 tsp Kashmiri chilli powder, Note 1
- 1 tablespoon coriander 1 tbsp coriander
- 2 teaspoons cumin 2 tsp cumin
- 1 teaspoon turmeric 1 tsp turmeric
- 1/2 teaspoon fenugreek powder, Note 2 1/2 tsp fenugreek powder, Note 2
- 3/8 teaspoon ground cloves 3/8 tsp ground cloves
- 6 cloves garlic minced 6 cloves garlic, minced
- 1 tablespoon fresh ginger finely grated 1 tbsp fresh ginger, finely grated
- 2 tablespoons tamarind puree Note 3 2 tbsp tamarind puree, Note 3
- 1/2 red onion chopped 1/2 red onion, chopped
- 6 tablespoons water plus more, as needed 6 tbsp water, plus more, as needed
- 3 tablespoons vegetable oil 3 tbsp vegetable oil
- 1/2 teaspoon black mustard seeds Note 4 1/2 tsp black mustard seeds, Note 4
- 1/2 red onion cut in half again, like a quartered orange and thinly sliced 1/2 red onion, cut in half again, like a quartered orange an...
- 1 tablespoon tomato paste 1 tbsp tomato paste
- 2/3 cup tomato pulp canned, /polp, Mutti, OR tomato passata or crushed tomato, Note 5 2/3 cup canned tomato pulp/polp, Mutti, OR tomato...
- 2/3 cup water 2/3 cup water
- 400 milliliters coconut milk full fat, Note 6 400ml/ 14oz coconut milk, full fat, Note 6
- 1 1/4 teaspoons salt cooking/kosher, or 3/4 tsp fine table salt 1 1/4 tsp salt, cooking/kosher, or 3/4 tsp fine table salt
- 1 1/2 teaspoons sugar 1 1/2 tsp sugar
- 1/4 teaspoon chilli powder pure chilli, not US Chili Powder which is a mix, Note 7 1/4 tsp chilli powder, pure chilli, not US Chili Pow...
- 2 green chillies long, cut into half lengthwise and deseeded, optional, Note 8 2 long green chillies, cut into half lengthwise and dese...
- 1 tomato cut into 8 wedges then into 2.5cm / 1" chunks 1 tomato, cut into 8 wedges then into 2.5cm / 1" chunks
- 600 grams fish firm-fleshed, cut into 3cm / 1.25" cubes 600g / 1.2 lb firm-fleshed fish, cut into 3cm / 1.25" cubes
- 1/4 cup fresh coriander /cilantro leaves 1/4 cup fresh coriander/cilantro leaves
- green chillies unchecked Finely sliced, optional Finely sliced green chillies, optional
- rice unchecked Basmati, Basmati rice

## **Nutrition:**

1. Calories: 610 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 90 milligrams
4. Fat: 45 grams
5. Fiber: 5 grams
6. Protein: 33 grams
7. SaturatedFat: 24 grams
8. Sodium: 900 milligrams
9. Sugar: 10 grams

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