

Tamarind Sauce Fish Curry

Yield: 6 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/grass-carp-recipe-indian>

Ingredients:

- 2 pounds carp white, cut into large chunks
- 1 tablespoon vegetable oil
- 1 tablespoon red chile powder
- 1 tablespoon ground turmeric
- 1 1/2 teaspoons salt
- 1/4 cup tamarind pulp
- 1 cup warm water
- 1/4 cup oil
- 1/2 teaspoon cumin seed
- 1 onions large, minced
- 1 1/2 tablespoons garlic paste
- 2 tablespoons red chile powder
- 2 tablespoons ground coriander
- 1 pinch salt to taste
- 1 tablespoon fresh coriander chopped, cilantro, or to taste

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 70 milligrams
4. Fat: 25 grams
5. Fiber: 3 grams
6. Protein: 25 grams
7. SaturatedFat: 4 grams
8. Sodium: 760 milligrams
9. Sugar: 5 grams

Thank you for visiting our website. Hope you enjoy Tamarind Sauce Fish Curry above. You can see more 16 grass carp recipe indian Get cooking and enjoy! to get more great cooking ideas.