

# Indian Fried Fish with Tomato Chutney

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/grilled-tilapia-indian-recipe>

## Ingredients:

- 2 serrano peppers stemmed seeds and chopped
- 1/4 cup garlic chopped cloves
- 1/4 cup chopped ginger
- 2 tablespoons yogurt
- 1 teaspoon Garam Masala
- 1/4 teaspoon turmeric
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- 1 teaspoon kosher salt
- 2 fillets tilapia
- 4 tablespoons cornstarch
- 4 tablespoons peanut oil
- 1/2 cup diced yellow onion fine
- 2 cups chopped tomatoes
- 1/4 cup chopped cilantro

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 30 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 14 grams
7. SaturatedFat: 3 grams
8. Sodium: 640 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Indian Fried Fish with Tomato Chutney above. You can see more 20 grilled tilapia indian recipe Get ready to indulge! to get more great cooking ideas.