

# Super Quick Fish Curry

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 14 ounces coconut cream you can also use coconut milk
- 2 pounds mahi mahi cut into cubes
- 1 onion chopped
- 1 tablespoon curry paste Thai
- 1 teaspoon ground turmeric
- 2 teaspoons curry powder ground
- 1 tablespoon olive oil
- 1 tablespoon tomato paste
- 1 teaspoon celtic salt
- 1/4 cup fresh cilantro chopped
- 2 1/2 cups brown rice to serve

## Nutrition:

1. Calories: 890 calories
2. Carbohydrate: 91 grams
3. Cholesterol: 145 milligrams
4. Fat: 39 grams
5. Fiber: 6 grams
6. Protein: 51 grams
7. SaturatedFat: 29 grams
8. Sodium: 740 milligrams
9. Sugar: 2 grams

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