

# Chettinad Fish Curry, Meen Kulambu, South Indian

Yield: 4 min  
Total Time: 60 min

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

## Ingredients:

- 500 grams fish I have used the black pomfret, you can use any fish of your choice.
- 3 tablespoons oil
- 1 onion finely chopped
- 1 sprig curry leaves
- 2 green chili
- 1 teaspoon ginger garlic paste
- 2 tomatoes finely chopped
- 1 handful coriander leaves / cilantro
- 2 tablespoons tamarind paste
- 15 shallots
- 1 cup grated coconut freshly
- 4 whole red chili
- 1/2 teaspoon black pepper powder
- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- 1/2 teaspoon fennel seeds

## Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 84 grams
3. Cholesterol: 75 milligrams
4. Fat: 31 grams
5. Fiber: 5 grams
6. Protein: 39 grams
7. SaturatedFat: 14 grams
8. Sodium: 130 milligrams
9. Sugar: 7 grams

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