

Authentic Fish Curry

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1/2 pound fish cleaned and cut into squares
- 1 tablespoon turmeric powder
- 1 tablespoon salt
- 1 cup red onions chopped
- 2 tablespoons ginger garlic paste Asian
- 2 tablespoons poppy seeds Paste
- 4 tablespoons vegetable oil
- 3 tablespoons yogurt Thick
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon red chili powder / Smoked Paprika
- 1 teaspoon cumin powder
- 1 teaspoon ginger shredded
- 1 tablespoon ghee / Butter
- 1 teaspoon cream Fresh
- 1/4 cup fresh cilantro chopped

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 35 milligrams
4. Fat: 22 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. SaturatedFat: 2 grams
8. Sodium: 2400 milligrams
9. Sugar: 3 grams

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