

Indian Fish Curry

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 2 1/4 pounds fish pieces cleaned and washed well
- salt to taste
- 1 teaspoon chilli powder
- 1 teaspoon turmeric powder
- 1 teaspoon garlic paste
- 1 tablespoon peanuts or groundnuts
- 1 tablespoon sesame seeds
- 1 tablespoon cumin seeds
- 3 tablespoons coriander seeds
- 1 onion large, finely sliced
- 2 tamarind lemon sized, extracted pulp
- 1/2 teaspoon salt
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon chilli powder

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 150 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 50 grams
7. SaturatedFat: 3 grams
8. Sodium: 630 milligrams
9. Sugar: 1 grams

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