Kerala Fish Curry

Yield: 2 min
Total Time: 22 min

Recipe from: https://www.recipeschoose.com/recipes/indian-kerala-fish-curry-recipe

Ingredients:

- 2 1/2 tablespoons oil
- 1/4 teaspoon mustard seeds
- 1/4 teaspoon fenugreek Powder
- 8 curry leaves
- 1 cup chopped onion ½ cup is coarsely ground
- 1 tablespoon ginger garlic paste
- 1 tablespoon coriander powder
- 1 tablespoon chili powder Kashmiri, I used it mostly for the color and it is not spicy. Can substitute it with ½ tbsp. chili powder
- 1/2 tablespoon chili powder adjust to taste
- 2 teaspoons salt adjust to taste
- 1/2 teaspoon turmeric powder
- 1/2 tablespoon tamarind paste adjust to taste and I used homemade paste
- 1 1/2 cups water
- 1/4 teaspoon fenugreek
- methi
- 3/4 pound fish I used 1 Whole Bronzini, 1.25 lbs. and after cleaning and head removed, it was 0.8lbs.

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 110 milligrams
4. Fat: 29 grams
5. Fiber: 4 grams
6. Protein: 36 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 2490 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Kerala Fish Curry above. You can see more 15 indian kerala fish curry recipe Experience culinary bliss now! to get more great cooking ideas.