

Fish Curry with Coconut Milk

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- arctic char
- fish
- 1 onion
- 6 cloves
- 1/2 tablespoon curry powder
- 2 tablespoons ground cumin
- 1 teaspoon turmeric
- 1 teaspoon red chili
- 14 ounces coconut milk
- 1/2 cup water
- salt to taste
- 4 tablespoons oil

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 20 milligrams
4. Fat: 41 grams
5. Fiber: 4 grams
6. Protein: 9 grams
7. SaturatedFat: 22 grams
8. Sodium: 240 milligrams
9. Sugar: 4 grams

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