

# KING FISH STEW

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/king-fish-steak-jamaican-recipe>

## Ingredients:

- 4 fish steaks King, about 3 lbs
- 1 lime
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/4 teaspoon turmeric
- 1/2 teaspoon black pepper
- 1 1/2 teaspoons salt
- 3 cloves garlic crushed
- 1 teaspoon ginger finely grated
- 3 Roma tomatoes diced
- 1 onion medium, thinly sliced
- 1 tablespoon canola oil
- 1 teaspoon tomato paste
- 1 cup water
- 1 teaspoon white vinegar
- 1 tablespoon butter
- 7 sprigs thyme
- 1 hot pepper seeds removed
- chopped cilantro optional
- lime optional

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 10 milligrams
4. Fat: 6 grams
5. Fiber: 4 grams
6. Protein: 2 grams
7. SaturatedFat: 2 grams

8. Sodium: 930 milligrams
  9. Sugar: 4 grams
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