Indian Fish Kofta Sandwich

Yield: 4 min
Total Time: 75 min

Recipe from: https://www.recipeschoose.com/recipes/mango-coconut-curry-recipe-indian

Ingredients:

- 1 9/16 cups natural yogurt
- 2 3/4 cups self raising flour plus extra for rolling
- 1 teaspoon baking powder
- oil groundnut,for brushing and frying
- 1 3/4 tablespoons salted butter melted
- 2 teaspoons poppy seeds
- 2 clove crushed
- ginger finely grated to make 1 tbsp
- 7 3/8 tablespoons fresh breadcrumbs
- 1 handful leaves leaves,chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 teaspoon ground coriander
- 1 1/8 pounds cod loins skinless ,chopped into small pieces
- 1/2 mango finely diced
- 5/8 cup coconut chunk, grated
- 1/2 red onion small, finely diced
- 1/2 green chilies finely chopped
- 1 lime juiced
- 1 handful leaves leaves ,chopped
- 7/8 cup natural yogurt
- 1 handful mint leaves
- 1 clove crushed

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 93 grams
3. Cholesterol: 30 milligrams
4. Fat: 20 grams

5. Fiber: 7 grams
6. Protein: 15 grams
7. SaturatedFat: 10 grams
8. Sodium: 320 milligrams
9. Sugar: 13 grams

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