

Fish Curry, Village Style, Nattu Meen Kulambu

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/meen-kulambu-recipe-south-indian>

Ingredients:

- 1 kilogram fish any vareity, I have used Sultan Ibrahim
- 4 tablespoons oil
- 2 green chili slit
- 2 sprigs curry leaves
- 1 teaspoon turmeric powder
- lemon
- tamarind
- juice
- salt to taste
- 1 teaspoon oil
- 2 teaspoons cumin seeds / jeeragam
- 1 teaspoon fennel seeds / sombu
- 10 red chillies
- 3 tablespoons coriander seeds
- 1 inch ginger peeled and cut into small pieces or grated
- 9 cloves garlic peeled and chopped into small pieces
- 1 cup coconut / half of a big, grated
- 2 onions medium sized, roughly chopped
- 3 tomatoes roughly chopped

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 150 milligrams
4. Fat: 38 grams
5. Fiber: 8 grams
6. Protein: 52 grams

7. SaturatedFat: 10 grams
 8. Sodium: 340 milligrams
 9. Sugar: 12 grams
-

Thank you for visiting our website. Hope you enjoy Fish Curry, Village Style, Nattu Meen Kulambu above. You can see more 17 meen kulambu recipe south indian Taste the magic today! to get more great cooking ideas.