

# Fresh Water Trout Tastes Great Done Indian Style

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/onion-leeks-recipe-indian>

## Ingredients:

- 1 whole trout large, boned but kept whole
- 1 pinch saffron
- 5 tablespoons milk warm
- 1 cup vegetable oil
- 1 tablespoon plain flour
- 1/2 leek – white bits only
- 1 tablespoon ghee
- 1 onion small, finely chopped
- 3 lemons
- 400 milliliters coconut milk thick
- 1 tablespoon garlic puree
- 1 tablespoon ginger puree
- 1 tablespoon green chili puree
- 1/2 teaspoon chilli powder
- 1 pinch turmeric
- salt and pepper to taste

## Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 45 milligrams
4. Fat: 87 grams
5. Fiber: 7 grams
6. Protein: 19 grams
7. SaturatedFat: 26 grams
8. Sodium: 280 milligrams
9. Sugar: 6 grams

10. TransFat: 1.5 grams

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