

Indian-Style Salmon Fry

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/tandoori-salmon-indian-recipe-on-food-network>

Ingredients:

- 2 tablespoons olive oil
- 3/4 teaspoon cumin seeds
- 1/2 teaspoon brown mustard seeds
- 1 onion small, sliced into thin half-circles
- 1 clove garlic minced
- 1 tablespoon fresh ginger root minced
- 1 chile pepper green, chopped
- 10 fresh curry leaves chopped, optional
- 1 tomato diced
- 29 1/2 ounces salmon drained and bones removed
- 1/4 cup chopped fresh cilantro

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 220 milligrams
4. Fat: 28 grams
5. Fiber: 2 grams
6. Protein: 87 grams
7. SaturatedFat: 7 grams
8. Sodium: 380 milligrams
9. Sugar: 4 grams

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