

# Ghalieh Mahi (Persian Fish Stew)

Yield: 3 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-trout-recipe>

## Ingredients:

- 7/8 pound tilapia fillets cut into 2-inch pieces
- 12 1/2 cups fresh coriander finely chopped
- 3 tablespoons fenugreek dried
- 1 onion medium, finely chopped
- 10 garlic cloves minced
- 5/8 cup tamarind pulp or tamr hendi, you can find in Iranian stores
- 1 teaspoon turmeric powder
- 1 tablespoon all purpose flour
- canola oil
- 1/2 teaspoon red pepper more or less depends on your taste
- salt to taste

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 65 milligrams
4. Fat: 11 grams
5. Fiber: 8 grams
6. Protein: 33 grams
7. SaturatedFat: 2 grams
8. Sodium: 380 milligrams
9. Sugar: 21 grams

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