

# Cape Malay Pickled Fish

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-cape-malay-curry-recipe>

## Ingredients:

- 2 1/4 pounds white fish firm, kingklip, hake or cod cut into large portions
- 2 tablespoons olive oil
- 2 Spanish onions finely diced
- 1 piece fresh ginger grated
- 1 garlic clove minced
- 1/2 teaspoon fennel seeds crushed
- 1 teaspoon coriander seeds whole, crushed
- 1 teaspoon Garam Masala
- 2/3 tablespoon ground turmeric
- 1 tablespoon curry powder
- 1 teaspoon salt
- 3 tablespoons sugar
- 3 bay leaves
- 1 9/16 cups white wine vinegar
- 1 1/4 cups water

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 150 milligrams
4. Fat: 22 grams
5. Fiber: 3 grams
6. Protein: 49 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 740 milligrams
9. Sugar: 12 grams

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