

# Spicy South Indian Style Fish Fry

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 500 grams steaks Tilapia, or filet
- 2 teaspoons chilli powder
- 1/4 turmeric powder teapoon
- 1 1/2 teaspoons garlic paste Ginger
- salt Required, divided
- 1/2 teaspoon oil
- 1 cup spring onions finely chopped
- 2 green chillies slit lengthwise
- 3 curry leaves
- 1 tablespoon coriander finely chopped
- 2 tablespoons oil

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 5 grams
3. Fat: 9 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 240 milligrams
8. Sugar: 2 grams

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