

# South Indian Style Fish Curry

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/tasty-south-indian-fish-curry-recipe>

## Ingredients:

- 400 grams fish fillets I used salmon fillets
- 1 teaspoon turmeric powder
- 1 onions Small, Chopped fine
- 2 tomatoes
- 2 garlic cloves
- 1/2 inch ginger piece
- 4 green chilies
- 2 tablespoons cilantro / Coriander Leaves
- 1 tablespoon oil
- 1 teaspoon red chili powder
- 1 teaspoon mustard seeds
- 1/4 teaspoon seeds Methi, / Fenugreek seeds
- 10 curry leaves
- 1/2 teaspoon coriander powder
- 1/4 teaspoon cumin powder
- salt to taste

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 50 milligrams
4. Fat: 5 grams
5. Fiber: 3 grams
6. Protein: 21 grams
7. Sodium: 290 milligrams
8. Sugar: 5 grams

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