

# Indian Fish Coconut Curry

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-fish-pie-recipe>

## Ingredients:

- 1 pound fish fillets boneless, skinless
- 1 tablespoon vegetable oil
- 1/2 onion grated on large holes of box grater
- 1 teaspoon fresh ginger grated
- 2 cloves garlic finely minced
- 1 ripe tomato
- 1 1/2 cups canned diced tomatoes
- 1 teaspoon Garam Masala
- 1/4 teaspoon chili powder cayenne
- 1/2 teaspoon salt
- freshly ground black pepper
- 1 cup coconut milk
- 1/4 cup water
- 2 chili peppers fresh, cut in half lengthwise, optional

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 55 milligrams
4. Fat: 19 grams
5. Fiber: 4 grams
6. Protein: 25 grams
7. SaturatedFat: 13 grams
8. Sodium: 520 milligrams
9. Sugar: 3 grams

---

Thank you for visiting our website. Hope you enjoy Indian Fish Coconut Curry above. You can see more 16 west indian fish pie recipe Dive into deliciousness! to get more great cooking ideas.