

Indian Curry Monkfish with Okra & Peppers

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-okra-recipe-with-frozen-okra>

Ingredients:

- 1 1/2 pounds monkfish membrane removed, if still attached and cut into bite size pieces
- 1/2 tablespoon ground turmeric
- 1/2 tablespoon chili powder
- 1/2 tablespoon ground cumin
- 1/2 teaspoon cayenne optional
- 1/2 tablespoon salt
- 1 onion chopped
- 3 bell peppers various colors, cut into bite size pieces
- 4 garlic cloves minced
- 2 serrano peppers minced
- 8 ounces frozen okra or fresh, trimmed & cut into 1" pieces
- 1 can diced tomatoes
- 2/3 cup water
- 1/2 tablespoon Garam Masala
- 2 tablespoons olive oil
- basmati rice to serve

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 55 milligrams
4. Fat: 11 grams
5. Fiber: 5 grams
6. Protein: 37 grams
7. SaturatedFat: 1 grams
8. Sodium: 940 milligrams
9. Sugar: 6 grams

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