

# South Indian Fish Curry

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 1 9/16 pounds fish fillets if using frozen, thaw them before cooking
- salt unchecked?, to season the fish and a little extra for the curry
- 1 large red onion peeled, cut into quarters
- 1 inch ginger piece of
- 5 large garlic cloves
- 1 whole green chilli
- 2 tablespoons vegetable oil
- 1 1/4 cups canned tomato or you can use tomato puree
- 1 teaspoon red chili powder
- 1 1/2 teaspoons turmeric powder
- 1 cup coconut milk
- kokum unchecked? Souring agent of your choice –, or tamarind
- 1 tablespoon coconut oil
- 1 teaspoon mustard seeds
- 5 shallots or pearl onions, peeled
- 7 curry leaves fresh, frozen or dried

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 85 milligrams
4. Fat: 28 grams
5. Fiber: 4 grams
6. Protein: 41 grams
7. SaturatedFat: 17 grams
8. Sodium: 470 milligrams
9. Sugar: 8 grams

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