

Costal Squid Curry

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-squid-recipe-indian>

Ingredients:

- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- 1 teaspoon fenugreek seeds
- 1 teaspoon black mustard seeds
- 4 garlic cloves
- 2 red chillies fresh
- 5/8 cup coconut fresh, grated or finely chopped
- 1 teaspoon ground turmeric
- 3 tablespoons vegetable oil
- 1 teaspoon black mustard seeds
- 1 onion thinly sliced
- 4 garlic cloves finely sliced
- 1 5/8 inches fresh ginger grated
- 2 red chillies fresh, sliced
- 1 teaspoon chilli powder Kashmiri
- 1 teaspoon salt
- 3 3/8 tablespoons tamarind paste or tamarind water
- 1 teaspoon jaggery or soft brown sugar
- 7/8 pound squid cleaned, cut into rings
- 1 small tomato chopped
- 1 handful coriander leaves fresh, chopped

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 235 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 18 grams

7. SaturatedFat: 4.5 grams
 8. Sodium: 650 milligrams
 9. Sugar: 5 grams
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