

South Indian Salmon Curry

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/tamarind-pulp-recipe-indian>

Ingredients:

- 15 fresh curry leaves
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon fennel seeds
- 1/4 teaspoon fenugreek seeds
- 5 black peppercorns
- 2 dried chillies
- 1 cinnamon stick
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 2 teaspoons chilli powder Kashmiri
- 1 teaspoon ground turmeric
- 1 1/2 teaspoons salt
- 1 2/3 cups coconut milk
- 1 large tomato diced
- 1 teaspoon sugar
- 1 teaspoon tamarind pulp or juice of 1 lime
- 1 1/8 pounds fresh salmon skin off
- fresh coriander for garnish, optional

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 70 milligrams
4. Fat: 41 grams
5. Fiber: 4 grams
6. Protein: 28 grams
7. SaturatedFat: 25 grams
8. Sodium: 990 milligrams

9. Sugar: 6 grams

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