

# Instant Pot Tilapia Fish Curry

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/tilapia-fillet-recipe-indian-style>

## Ingredients:

- 680 grams tilapia fillets Fresh, without skin, 1.50 pounds
- 2 medium onion chopped
- 1/3 cup tomato puree
- 3/4 cup coconut milk
- 1/2 tablespoon ginger garlic paste
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon paprika powder
- 1/2 teaspoon cumin powder
- 1/2 teaspoon coriander powder
- 3 tablespoons extra virgin coconut oil
- 1/4 teaspoon black mustard seeds optional
- 2 red chilies dried whole, optional
- salt to taste

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 85 milligrams
4. Fat: 25 grams
5. Fiber: 3 grams
6. Protein: 36 grams
7. SaturatedFat: 20 grams
8. Sodium: 380 milligrams
9. Sugar: 5 grams

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