

# Curry Fish Stew

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 1 cup uncooked long grain white rice
- 1 tablespoon coconut oil
- 1 tablespoon fresh minced garlic
- 1 tablespoon fresh grated ginger
- 1 tablespoon turmeric fresh grated
- 1 chile pepper spicy, minced\*
- 1/2 teaspoon Garam Masala
- 1/2 teaspoon ground coriander
- 3/4 teaspoon ground cumin
- 2 pieces lemongrass cut in half
- 1 cup water
- 1/2 cup julienne carrots
- 1 cup gold potatoes peeled, cubed
- 1/2 teaspoon kosher salt
- 13 ounces coconut milk
- 1 cup red pepper cut into 1 inch pieces
- 2 cups zucchini cut into 1 inch pieces
- 10 ounces tilapia cut into 4x2-inch pieces
- 2 tablespoons chopped cilantro

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 35 milligrams
4. Fat: 27 grams
5. Fiber: 5 grams
6. Protein: 19 grams
7. SaturatedFat: 23 grams
8. Sodium: 380 milligrams

9. Sugar: 7 grams

---

Thank you for visiting our website. Hope you enjoy Curry Fish Stew above. You can see more 16 tilapia rice indian recipe Experience culinary bliss now! to get more great cooking ideas.