

Fish Curry

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-fish-curry-recipe-indian>

Ingredients:

- 3 tablespoons oil
- 8 seeds pepper
- 1 bay leaf tej patta
- 4 cloves laung
- 1 black cardamom badi elaichi
- 1 cinnamon stick small, dalchini
- 4 cloves garlic crushed
- 1 onions and a half medium sized, cut finely
- 2 tomatoes cut finely
- 1 teaspoon chili powder
- 1 teaspoon coriander powder
- 1/2 teaspoon cumin powder
- 1 pound fish tilapia, catfish cut into pieces
- 1/2 cup milk
- salt to taste
- coriander leaves for garnishing, optional

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 70 milligrams
4. Fat: 19 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 290 milligrams
9. Sugar: 5 grams

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