

Tuna Caldine

Yield: 6 min
Total Time: 50 min

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

Ingredients:

- 3 tamarind pods
- 2 teaspoons black peppercorns
- 2 teaspoons coriander seeds
- 2 teaspoons cumin seeds
- 2 tablespoons ground almonds
- 2 teaspoons turmeric
- 4 tablespoons peanut oil
- 1 onion halved and thinly sliced
- 3 garlic cloves chopped
- 1 tablespoon fresh ginger
- salt
- 1 1/4 cups coconut milk
- 3 serrano chiles seeded and thinly sliced
- 1 lime
- 1 1/2 pounds tuna excellent quality, cut into 1 1/2-inch cubes
- 2 tablespoons chopped fresh cilantro optional, for garnish
- rice for serving

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 45 milligrams
4. Fat: 28 grams
5. Fiber: 3 grams
6. Protein: 29 grams
7. SaturatedFat: 13 grams
8. Sodium: 190 milligrams
9. Sugar: 3 grams

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