

Masala Fish

Yield: 8 min
Total Time: 70 min

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

Ingredients:

- 800 grams whitefish firm, I use Cod/Tilapia/Pollock/Basa
- 1 lemon juice only
- 4 cloves garlic crushed
- 3 green chilies crushed
- 1/2 inch ginger crushed
- 1 1/2 teaspoons ground cumin
- 2 teaspoons coriander powder
- 1/2 teaspoon ground turmeric
- 1 teaspoon chili powder
- salt
- pepper
- 3 tablespoons oil
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- 1 onions sliced finely or diced
- 4 cloves garlic crushed
- 1 inch ginger crushed
- 1 green chilies crushed or chopped finely and seeds removed
- 200 grams tomatoes pureed
- 2 tablespoons tomato purée
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons coriander powder
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon red chili powder
- 1 teaspoon curry powder I used Madras Curry Powder, optional
- 1 teaspoon garam masala powder
- salt
- pepper
- 2 spring onions chopped
- coriander to garnish

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 60 milligrams
4. Fat: 17 grams
5. Fiber: 3 grams
6. Protein: 21 grams
7. SaturatedFat: 2 grams
8. Sodium: 270 milligrams
9. Sugar: 3 grams

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