



Bengali-Style Fish in Yogurt Curry

READY IN



45 min.

SERVINGS



6

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon mustard seeds shopping list black
- 0.5 teaspoon pepper black freshly ground
- 0.5 teaspoon caraway seeds
- 0.5 teaspoon ground pepper
- 1 tablespoon curry powder
- 1 tablespoon flour all-purpose
- 2 tablespoons cilantro leaves fresh finely chopped for garnish
- 1 tablespoon garlic finely chopped
- 0.5 teaspoon turmeric

- 1.3 cups cup heavy whipping cream
- 1 cup yogurt plain
- 1 medium onion red finely chopped
- 6 servings salt
- 1 pound tilapia cut into 1- to 2-inch pieces
- 5 tablespoons vegetable oil

Equipment

- frying pan
- blender

Directions

- Mix together the turmeric, black pepper, cayenne pepper, and caraway seeds.
- Add the tilapia pieces and toss to coat. Cover and let sit for 30 minutes in the refrigerator.
- In a blender, combine the yogurt and flour and set aside.
- Heat 3 tablespoons of the oil in a medium skillet over medium-high heat.
- Add the mustard seeds and cook, stirring, until sputtering and fragrant, about 1 minute.
- Add the onion and cook, stirring, until translucent, about 3 minutes.
- Add the garlic and curry powder and cook for another 2 minutes.
- Add the cream and the yogurt mixture and bring to a simmer. Reduce the heat to low and simmer until the sauce is thick, about 5 minutes.
- In a nonstick pan, heat the remaining 2 tablespoons oil over medium heat. Gently fry the seasoned fish until crisp on both sides, about 3 minutes per side.
- Add the yogurt mixture to the fried fish and simmer until fish is cooked through, about 5 minutes.
- Season with salt and serve hot, garnished with fresh cilantro.
- From Flavors First: An Indian Chef's Culinary Journey by Vikas Khanna. Recipes copyright © 2011 by Vikas Khanna; photography © 2011 Vikas Khanna, Andrew Blackmore-Dobbyn, and Ronnie Bhardwaj. Published by Lake Isle Press.

Nutrition Facts

PROTEIN 19.67% FAT 71.53% CARBS 8.8%

Properties

Glycemic Index:39.67, Glycemic Load:1.25, Inflammation Score:-9, Nutrition Score:13.986521772716%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 395.63kcal (19.78%), Fat: 32.07g (49.33%), Saturated Fat: 14.07g (87.92%), Carbohydrates: 8.88g (2.96%), Net Carbohydrates: 7.77g (2.82%), Sugar: 5.29g (5.88%), Cholesterol: 96.28mg (32.09%), Sodium: 277.05mg (12.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.84g (39.68%), Selenium: 39.18µg (55.97%), Vitamin B12: 1.5µg (25.04%), Phosphorus: 245.66mg (24.57%), Vitamin K: 25.61µg (24.39%), Vitamin D: 3.14µg (20.91%), Vitamin A: 840.48IU (16.81%), Vitamin B3: 3.29mg (16.44%), Vitamin B2: 0.25mg (14.79%), Vitamin E: 2.08mg (13.87%), Calcium: 134.13mg (13.41%), Potassium: 446.14mg (12.75%), Vitamin B6: 0.23mg (11.3%), Magnesium: 43.92mg (10.98%), Manganese: 0.21mg (10.66%), Folate: 35.31µg (8.83%), Vitamin B5: 0.79mg (7.9%), Iron: 1.22mg (6.78%), Vitamin B1: 0.1mg (6.59%), Zinc: 0.96mg (6.42%), Copper: 0.11mg (5.31%), Fiber: 1.12g (4.48%), Vitamin C: 2.88mg (3.49%)