



Keto Fish Curry

Yum

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Course [Main Dish](#)
Cuisine [Indian](#)
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Servings **4 SERVINGS** Prep Time **10 MINUTES** Cook Time **20 MINUTES**

Ingredients

- 300 grams Fish Fillets
- 200 grams Coconut Cream [Order Online](#)
- 100 ml Tomato Puree
- 100 grams Onions
- 10 grams Ginger Garlic Paste [Order Online](#)
- 1 Tsp Mustard Seeds [Order Online](#)
- 10 Curry Leaves [Order Online](#)
- 1 Green Chilli
- 1 Dried Red Chilli [Order Online](#)
- 2 Tbsp Ghee [Order Online](#)
- Salt to Taste
- Coriander to garnish
- couple of pieces of Kokum [Order Online](#)
- 1/2 Tsp Turmeric [Order Online](#)
- 1 Tsp Kashmiri Red Chilli Powder [Order Online](#)
- 1 Tsp Coriander Powder [Order Online](#)

Servings: Servings

Units:

Instructions

1. Start by grating the onion and also cutting your fish fillets into curry size pieces. Also soak the Kokum in about 50ml of hot water.

2. Heat the ghee in a heavy bottom saucepan and once melted add in the mustard seeds.

3. Cook the mustard seeds on a medium heat till they start popping and then add in the curry leaves and both green and dried red chillies. Cook for about a minute

4. Add in the grated onion and then cook on a low-medium heat for about 4-5 minutes till the onions just about start to get some colour on them. Then add in the ginger and garlic paste and continue cooking for another minute

5. Then add in the turmeric, chilli powder and coriander powder. Cook the spices for about 1 minute before adding in the Kokum along with its water and also the tomato puree. Add about 50ml of additional water

6. Give it a good mix and cover with a lid and cook on a low heat for 5-8 minutes till the oils separate from the tomato puree.

7. Then add in the coconut cream and mix well. Season with salt and taste it.

8. Bring the curry up to a boil and lower the heat till the curry is gently simmering. Then add in the pieces of fish. Make sure they are submerged in the curry and cover and cook with the lid for about 4-5 minutes.

9. Check that the fish is cooked and then turn off the heat and finish with fresh coriander.

10. Serve the curry with some delicious cauliflower rice.