INDIAN · DINNER · LUNCH

# Easy Masala Fish Curry (Onion-Tomato Gravy)

मसाला फिश करी

60 min · Serves 4 · 298 kcal a serve · Video 7:43 in Hindi · Kabita's Kitchen

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

22 g protein and 13 g net carbs a serve from fish in a spiced onion, tomato, ginger and garlic gravy, with no cream, coconut or butter, and only about 470 mg sodium.

**Diet notes:** Low saturated fat (1.4 g, 4% of the energy); DASH-friendly (470 mg sodium a serve); Paleo with a swap: olive, avocado or coconut oil instead of the canola or vegetable oil.

**Scan for the video,** full nutrition and more free recipes

## Ingredients 16 · SERVES 4

- [ ] 1 lb **rohu or any fish** pieces, washed
- [ ] 1½ tsp **turmeric powder** (½ tsp for the marinade, 1 tsp for the curry)
- [ ] ½ tsp **red chilli powder** for the marinade and 1 tbsp Kashmiri chilli powder for the curry
- [ ] **salt** to taste (about ½ tsp of it in the marinade)
- [ ] 1 tsp **lemon juice**
- [ ] 2 inch **ginger**, plus 1 tsp ginger-garlic paste for the marinade
- [ ] 15 **garlic** cloves
- [ ] ¼ tsp **black pepper**
- [ ] 1 tsp **coriander powder**
- [ ] **Cumin**: 1 tsp cumin seeds and a little under ¼ tsp cumin powder
- [ ] 1 tsp **garam masala**
- [ ] **Canola or vegetable oil**: ¼ cup cooking oil for frying, plus 1 tsp for the spice mix
- [ ] 2 medium **onions**
- [ ] 2 **tomatoes**, chopped
- [ ] 2 **green chillies** (optional)
- [ ] chopped **coriander leaves**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Mix the fish with ½ tsp turmeric, ½ tsp chilli powder, about ½ tsp salt, the lemon juice and 1 tsp ginger-garlic paste. Marinate 15–20 minutes. 0:20
2. For the spice mix, stir 1 tsp turmeric, 1 tbsp Kashmiri chilli, the pepper, coriander, cumin powder and garam masala with a little water and 1 tsp oil. Set aside. 1:05
3. Blend the ginger, garlic, onions and tomatoes to a smooth paste without any water. 2:05
4. Heat the oil until it just smokes, then pan-fry the fish on medium-high heat, turning, until brown and a little crisp. Lift it out. 2:50
5. In the same oil fry the cumin seeds and green chillies, add the onion-tomato paste and cook covered on low heat for 6–8 minutes, stirring now and then. 4:23
6. Add the spice mix and cook about 10 minutes on low heat, stirring, until the oil separates from the masala. 4:56
7. Pour in 2 cups water (less for a thicker gravy), add salt to taste and bring to a boil. Add the fish and simmer covered about 5 minutes, turning once. 5:30
8. Scatter with coriander, turn off the heat and leave covered 3–4 minutes before serving. 6:36

> **Tip** Kabita uses rohu, but any firm fish works. She serves it with rice (not in the numbers). For paleo, fry in avocado oil, olive oil or ghee instead of a seed oil.

The method is a summary in our words, in English — the video (in Hindi) shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| **298** kcal<br>1,250 kJ | **22** g<br>45% of a day | **17** g<br>13 g net · 5.4 g sugars<br>6% of a day | **4** g<br>14% of a day | **16** g<br>1.4 g saturated<br>21% of a day | **470** mg<br>20% of a day |

**Energy from** net carbs 18% · protein 31% · fat 51% — low carb (under 26% of the energy from carbs)

**High in** (20%+ of a day) Omega-3 95% · Selenium 63% · Vitamin B12 39% · Vitamin B6 34% · Vitamin E 30% · Vitamin C 25%

**Source of** (10–19%) Vitamin K 19% · Magnesium 16% · Iron 15% · Potassium 14% · Zinc 11% · Vitamin A 10%

**Recipe and video:** Kabita's Kitchen on YouTube — youtube.com/watch?v=OtcdhOlOjoE. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/kabita-easy-masala-fish-curry