

Fish Kofta Curry

Ingredients:

300 gms fish pieces, boneless	1 lemon	½ tsp ginger-garlic paste
2 onions, chopped	1 tsp coriander powder	3 tomatoes
4 green chilies, chopped	1 tsp cumin powder	Few cilantro leaves, chopped
1 omega-3 egg, beaten	¼ tsp turmeric powder	2 tbsps Olive oil
½ cup bread crumbs	1 tsp chili powder	

Method:

1. Grind the fish pieces in a blender until smooth. Keep aside.
2. Heat 2 tsps of oil in a pan and fry few chopped onions, chopped green chilies, chopped cilantro leaves for a while.
3. Add these to the blended fish, salt, beaten egg, lemon juice and mix well. Make balls from this mixture, roll in the bread crumbs and fry in hot oil until golden. Keep them aside.
4. Heat 4 tsps of olive oil in another pan. Fry the remaining chopped onions until brown. Also add ginger-garlic paste, coriander powder, cumin powder, chili powder, turmeric and fry for few more minutes.
5. Blend the tomatoes to a fine puree and add to the above mixture. Boil until it simmers, add salt and koftas. Simmer for 10 more minutes or until the koftas are tender. Serve hot with plain rice or naan.

Serves: 6

Preparation time: 45 minutes

Nutrition Information (per serving):

Calories: 152

Protein: 4.4 gms

Carbohydrate: 11.3 gms

Total Fat: 8.9 gms

Monounsaturated fatty acids: 6.1 gms

Polyunsaturated fatty acids: 1.25 gms

Cholesterol: 46.1 mg

Sodium: 56 mg

Fiber: 1.2 gms

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This recipe is provided by Prevention & Awareness for South Asians (PRANA), a PAMF wellness program. For more recipes and health information, visit www.pamf.org/southasian.