

Recipe Name: Spicy Seafood Stew Casserole With Tomatoes And Lime Recipe

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Fish fillet - basa	6
• 250 grams Prawns	
• 15 Clamps	
• 5 Baby Potatoes	
• 2 Carrots (Gajjar)	
• 1 Onion	
• 1 Tomato	
• 2 Fresh Red chillies	
• 5 cloves Garlic	
• 1 teaspoon Cumin powder (Jeera)	
• 2 teaspoon Paprika powder	
• Salt - to taste	
• 1 tablespoon Lemon juice	
• 1 teaspoon Black pepper powder	
• 4 tablespoon Coriander (Dhania) Leaves	
• 1 tablespoon Extra Virgin Olive Oil	
• 1 cup Chicken stock	
• 1/4 cup Coconut milk	

Preparation

- To begin making the Spicy Seafood Stew Casserole With Tomatoes And Lime recipe, clean basa fish and cut into small pieces.
- Clean, wash and devein the prawns.
- Wash well.
- I could not get clamps so I did not use it in the recipe but I highly recommend you to.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
542	37	25	24	4	8

