

Recipe:

FRIED TILAPIA & KALE CURRY

Date:

Total Servings	Diet Type
6 - 8	↗ GENERAL ↗ GLUTEN-FREE ○ VEGAN ↗ KETO ↗ OTHER - See below

Ingredients

Garlic - 3 to 4 cloves
chopped

Onion - medium, diced

Coconut milk - 1 can (13
oz) + ½ cup water

Curry powder - 2 TBSP.

Red pepper flakes - 1
TBSP OR
Dried red chilies - 1 TBSP

Kale - 2 to 3 quarts,
chopped

Tilapia - 5 to 6 pcs. fully
thawed

Frying oil (canola, avocado
or olive oil)

Salt - 2 TSP

Pepper - 1 TSP

Preparations & Cooking

1. Season tilapia with salt and pepper. Pan-fry until fully
cooked. Set aside.

2. Saute onions and garlic until translucent.

3. Add the coconut milk and water. Let it simmer.

4. Add the curry powder, red pepper flakes or dried red
chilies, salt and pepper. Stir to blend then add the fried
tilapia and kale.

5. Adjust the taste by adding more curry powder or salt
and pepper according to your liking.

6. Cover and let it simmer.

7. Serve over steamed rice.

* To make **curry powder** - mix equal amounts of turmeric,
cumin, ginger and black pepper. Add a little amount of
cinnamon and garlic powder.

* This recipe is also good for **Low-Carb**, **Dairy-free** diets.

Total Cost:

Prep Time:

Cook Time:

10 minutes

20 - 25 minutes