

# Pakistani Seekh Kebab + Yogurt Raita

Yield: 6 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mutton-seekh-kabab-recipe-indian-style>

## Ingredients:

- 1 pound beef chuck 80% lean 20% fat
- 1 onion medium, finely chopped
- 2 teaspoons ginger paste
- 1/4 cup mint finely chopped
- 1/4 cup coriander finely chopped
- 2 tablespoons butter melted
- 1 green chilli grind into paste in an electric grinder
- 1 teaspoon coriander powder
- 3/4 teaspoon cumin powder
- 3/4 teaspoon cayenne pepper I add 1 tsp because I like it real spicy
- 1 teaspoon salt
- 1 cup yogurt Indian style such as Gopi
- 2 tablespoons mint
- 2 tablespoons coriander
- 1 green chilli medium

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 65 milligrams
4. Fat: 19 grams
5. Fiber: 1 grams
6. Protein: 16 grams
7. SaturatedFat: 8 grams
8. Sodium: 500 milligrams
9. Sugar: 3 grams

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