

Tangy and chilli Kerala beef fry

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-fry-recipe-indian>

Ingredients:

- 3/4 pound beef steaks thin
- 5/8 cup grated coconut fresh
- 1 onion medium
- 1/2 teaspoon fennel powder
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1/2 teaspoon chilli powder
- 4 whole red chillies
- 30 curry leaves fresh or freshly frozen
- 1 inch ginger
- 4 cloves garlic
- 1 teaspoon tamarind paste
- 2 tablespoons oil
- salt to taste

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 7 grams
3. Fat: 15 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 8 grams
7. Sodium: 210 milligrams
8. Sugar: 2 grams

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