

Nargisi Kofta - Pakistani Chicken Scotch Egg Curry

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/besan-ki-mithai-pakistani-recipe>

Ingredients:

- 750 grams minced chicken
- 1 1/2 teaspoons cumin seeds
- 1 1/2 teaspoons coriander seeds
- 1 black cardamom
- 1 stick cinnamon
- 2 teaspoons salt or to taste
- 1 teaspoon chilli powder or to taste
- 1/2 cup gram flour
- 8 eggs
- 1 teaspoon poppy seeds
- 1 large onion chopped roughly
- 12 cloves garlic minced
- 1/4 cup oil or as needed
- 1/2 cup yogurt full fat
- 1 teaspoon chilli powder or to taste
- 2 teaspoons salt or to taste
- 2 teaspoons coriander powder
- 2 teaspoons cumin powder

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 585 milligrams
4. Fat: 42 grams
5. Fiber: 5 grams
6. Protein: 50 grams
7. SaturatedFat: 9 grams

8. Sodium: 2640 milligrams
 9. Sugar: 5 grams
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