

Chapli Kabab

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chapli-kebab-recipe-pakistani>

Ingredients:

- 1/2 kilogram beef mince
- 1/2 teaspoon salt
- 2 tablespoons garlic paste
- 1 teaspoon coriander
- 1 teaspoon cumin seeds
- garam masala powder 1 tsp
- pomegranate seeds crushed 1 tbsp
- 1 tablespoon red chilies
- 1 teaspoon lemon juice
- 2 tablespoons corn flour
- 2 tomato
- 2 onion
- 4 green chilies
- 1/2 cup fresh coriander
- 1 onion
- 2 eggs
- ghee /oil for fry

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 190 milligrams
4. Fat: 22 grams
5. Fiber: 4 grams
6. Protein: 30 grams
7. SaturatedFat: 8 grams
8. Sodium: 430 milligrams
9. Sugar: 9 grams
10. TransFat: 1.5 grams

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