

Restaurant Style Keema Matar

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/keema-peas-indian-recipe>

Ingredients:

- 2 tablespoons oil
- 1/2 onion – finely minced
- 2 teaspoons garlic ginger paste – recipe link below
- 1/2 teaspoon methi kasoor, – fenugreek leaves
- 2 teaspoons spice mix Indian restaurant, – recipe link below
- 1 teaspoon chili powder kashmiri
- 1/2 teaspoon kosher salt remember you added salt to the keema already
- 2 teaspoons tomato paste with enough water to dilute to the consistency of pasatta
- 15 ounces base curry, – recipe link below
- 1 cup peas fresh or frozen
- 12 ounces keema pre-cooked, – recipe link below
- 1/4 lemon
- salt to taste – or not
- red chili a bit of sliced, to garnish – optional

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 65 milligrams
4. Fat: 28 grams
5. Fiber: 3 grams
6. Protein: 19 grams
7. SaturatedFat: 9 grams
8. Sodium: 820 milligrams
9. Sugar: 4 grams

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