

Kata Kat

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-lamb-kidney-recipe>

Ingredients:

- 6 lamb kidney
- 6 lamb chops
- lamb brain 1
- 4 garlic cloves
- 2 tomato
- 1 teaspoon red chili powder
- 2 teaspoons garlic paste
- 1/4 cup yogurt
- methi Kasori, dry fenugreek 1 tbsp
- garam masala powder 2 tsp
- salt to taste
- 2 onion
- 1/2 bunch mint
- 1/2 bunch coriander
- 4 green chilies
- 1 tablespoon ginger
- 1/2 cup oil

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 115 milligrams
4. Fat: 53 grams
5. Fiber: 4 grams
6. Protein: 34 grams
7. SaturatedFat: 14 grams
8. Sodium: 340 milligrams
9. Sugar: 9 grams

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