

Mutton Pulao

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-mutton-fried-rice-recipe>

Ingredients:

- 500 grams mutton
- 2 cups basmati rice
- 1 onions
- 1 tablespoon garlic paste
- 6 green chilis
- 1 cup curd
- 1 cup coriander leaves
- 1 tablespoon dhaniya powder
- salt to taste
- garam masala Whole
- 3 tablespoons oil
- 1 1/2 cups rice

Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 106 grams
3. Cholesterol: 125 milligrams
4. Fat: 22 grams
5. Fiber: 4 grams
6. Protein: 40 grams
7. SaturatedFat: 6 grams
8. Sodium: 380 milligrams
9. Sugar: 6 grams

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