

Easy Jackfruit Curry

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/easter-nests-recipe-nigella>

Ingredients:

- 1 teaspoon oil
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon nigella seeds
- 2 bay leaves
- 2 dried red chilies
- 1 small onion chopped
- 5 cloves garlic chopped
- 1 inch ginger chopped
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric
- 1/4 teaspoon black pepper
- 2 medium tomatoes pureed or 1.5 cups puree
- 20 ounces jackfruit can green, drained, rinsed and squeezed to remove excess brine. Also chop into smaller pieces if too big., see the...
- 3/4 teaspoon salt or to taste
- 1 1/2 cups water

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 19 grams
3. Fat: 1.5 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. Sodium: 460 milligrams
7. Sugar: 10 grams

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