

Malai Kofta Curry / How To Make Malai Kofta Curry

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/kofta-curry-veg-recipe-of-india>

Ingredients:

- 1/2 cup paneer grated
- 2 potato 2 medium, boiled and grated
- 1/4 teaspoon chilli powder
- 1/4 teaspoon garam masala powder
- 1/4 teaspoon salt
- 1 tablespoon milk powder
- 2 tablespoons corn flour
- oil to deep fry or shallow fry
- 2 onion medium, roughly chopped
- 1 1/2 tablespoons cashew nuts chopped
- 3 cloves garlic fat, chopped
- 1 inch ginger piece
- 4 clove
- 1 inch cinnamon stick
- 1/2 tablespoon oil
- 1 1/2 cups tomato puree from 3 large tomato*
- 1 teaspoon chili powder red
- 1/4 teaspoon garam masala powder
- turmeric powder a pinch
- 1 tablespoon methi leaves Kasoori/Dried Methi crushed
- 1/2 cup full-fat milk or heavy cream
- salt to taste
- 1/2 tablespoon oil

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 41 grams

3. Cholesterol: 15 milligrams
 4. Fat: 17 grams
 5. Fiber: 7 grams
 6. Protein: 10 grams
 7. SaturatedFat: 4.5 grams
 8. Sodium: 810 milligrams
 9. Sugar: 11 grams
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