

Mild Indian Lamb Curry

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/the-best-indian-lamb-curry-recipe>

Ingredients:

- 2 cloves
- 6 green cardamom pods
- 1 cinnamon stick
- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- 1 teaspoon canola oil
- 3 garlic cloves grated finely
- 1 inch ginger root peeled and grated thinly
- 3 teaspoons turmeric
- 1 onion large, thinly sliced
- 4 min tomatos, blanched for 1, peeled, seeds removed and diced
- 3 carrots peeled and sliced
- 2 tablespoons fresh coriander chopped
- 4 tablespoons canola oil
- salt
- pepper
- 1 3/4 pounds lamb diced

Nutrition:

1. Calories: 800 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 145 milligrams
4. Fat: 63 grams
5. Fiber: 8 grams
6. Protein: 37 grams
7. SaturatedFat: 21 grams
8. Sodium: 360 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Mild Indian Lamb Curry above. You can see more 20 the best indian lamb curry recipe Try these culinary delights! to get more great cooking ideas.