

Goan Beef Chilli fry

Yield: 2 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-beef-chilli-fry-recipe>

Ingredients:

- 7 ounces beef undercut
- 1 tablespoon ginger garlic paste
- 1 pinch salt
- 1 tablespoon coconut vinegar
- 1 lime
- 2 tablespoons oil
- 1 onion medium
- 1 tablespoon chopped garlic
- 2 green chilli small fresh
- 1 small tomato
- 1 teaspoon chilli powder
- 1 teaspoon turmeric powder
- 1 pinch pepper

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 70 milligrams
4. Fat: 29 grams
5. Fiber: 5 grams
6. Protein: 22 grams
7. SaturatedFat: 7 grams
8. Sodium: 230 milligrams
9. Sugar: 7 grams
10. TransFat: 1 grams

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