

Lentil Koftas

Yield: 4 min

Total Time: 105 min

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

Ingredients:

- 2 stock cubes
- 1 onion diced
- 1 1/2 cups red lentils
- 1/2 slice rye bread
- 1 beef tomato
- 3 garlic cloves 2 minced
- 1/2 cup cashew nuts
- coriander seeds
- cumin seeds
- salt
- black pepper
- cayenne pepper
- turmeric
- 1 tablespoon white wine vinegar
- 1 tablespoon ginger grated
- Garam Masala
- 1 tablespoon olive oil
- 2 11/16 cups chopped tomatoes
- 1 can coconut milk
- 1 lime
- coriander to serve.

Nutrition:

1. Calories: 920 calories
2. Carbohydrate: 93 grams
3. Cholesterol: 15 milligrams
4. Fat: 47 grams
5. Fiber: 30 grams
6. Protein: 43 grams

7. SaturatedFat: 24 grams
 8. Sodium: 910 milligrams
 9. Sugar: 21 grams
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