

# Lamb Kofta

Yield: 4 min  
Total Time: 70 min

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

## Ingredients:

- 7/8 pound lamb mince
- 2 tablespoons oil
- 1 teaspoon salt
- 1 teaspoon cumin seeds crushed
- 1 teaspoon chilli powder
- 2 teaspoons Garam Masala
- 1 tablespoon oil
- 1 onion large, finely chopped
- 3 cloves garlic finely chopped
- 2 teaspoons ginger grated, 3-4cm
- 1 teaspoon salt
- 1 teaspoon turmeric
- 1 teaspoon fenugreek leaves dried
- 1 chilli chopped
- 1/2 teaspoon chilli powder
- 1/2 can plum tomatoes
- 1 teaspoon Garam Masala
- 1 handful fresh coriander finely chopped

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 75 milligrams
4. Fat: 34 grams
5. Fiber: 3 grams
6. Protein: 19 grams
7. SaturatedFat: 11 grams
8. Sodium: 1260 milligrams
9. Sugar: 5 grams

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