

Kolhapuri Lamb Curry

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 1 kilogram lamb
- 2 tablespoons coriander seeds
- 1 tablespoon cumin seeds
- 1 tablespoon sesame seeds
- 1/2 tablespoon poppy seeds
- 5 green cardamom
- 5 cloves
- 5 sticks cinnamon
- 1/2 teaspoon black pepper
- 1/4 teaspoon fenugreek seeds
- 2 tablespoons ghee
- 2 large onion thinly slices
- 1 large tomato
- 1 tablespoon ginger paste
- 5 cloves garlic
- 4 red chilli whole
- 1/4 cup coconut dry or desiccated
- 2 tablespoons chilli powder
- 1 teaspoon turmeric powder
- 1 pinch asafoetida hing
- salt to taste

Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 185 milligrams
4. Fat: 67 grams
5. Fiber: 15 grams
6. Protein: 46 grams

7. SaturatedFat: 27 grams
 8. Sodium: 410 milligrams
 9. Sugar: 5 grams
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