

Corn On The Cob Curry

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-corn-on-the-cob-recipe>

Ingredients:

- 2 corn on the cob fresh or frozen
- 2 shallots
- 3 plum tomatoes
- 3 cloves garlic finely chopped
- 1 teaspoon ginger shredded
- 2 green chili
- 1 jalapeno
- 2 tablespoons vegetable oil
- 1/8 teaspoon fenugreek seeds
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seed
- 1/2 teaspoon turmeric
- 1/2 teaspoon red chili powder
- 4 curry leaves optional
- 1 tablespoon tomato paste
- 4 cups water to be used with the tomato sauce
- 1 cup water to be used after the cream is added
- 1 teaspoon salt
- 1 tablespoon cumin powder
- 1/4 teaspoon Garam Masala
- 1/8 teaspoon curry powder optional
- 1/2 teaspoon lemon juice
- 2 cups coconut milk Or heavy cream for vegetarian version
- 1/8 teaspoon cardamom crushed, for garnish, optional
- cilantro for garnish, optional

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 31 grams

3. Fat: 37 grams
4. Fiber: 6 grams
5. Protein: 7 grams
6. SaturatedFat: 26 grams
7. Sodium: 680 milligrams
8. Sugar: 8 grams

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