

Instant Pot Lamb Rogan Josh (Lamb Curry)

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 1 cup onion diced
- 2 teaspoons garlic minced
- 1 teaspoon ginger minced
- 1/4 cup Greek yogurt
- 2 tablespoons tomato paste
- 1 teaspoon paprika
- 1 teaspoon Garam Masala
- 1 teaspoon salt
- 1/2 teaspoon turmeric ground
- 1/2 teaspoon cinnamon ground
- 1/4 teaspoon nutmeg ground
- 1/4 teaspoon cayenne pepper ground
- 1/4 cup water
- 1 pound leg of lamb boneless and cut into 1 inch cubes
- 1/4 cup Greek yogurt
- cilantro to garnish, optional

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 75 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 26 grams
7. SaturatedFat: 3 grams
8. Sodium: 750 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Instant Pot Lamb Rogan Josh (Lamb Curry) above. You can see more 19 indian curry rogan josh recipe Taste the magic today! to get more great cooking ideas.