

Lamb Seekh Kebab

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 500 grams lamb mince
- 1 medium onion finely chopped
- 5 green chilli finely chopped
- 1 handful coriander leaf finely chopped
- 1 inch ginger grated
- 3 cloves garlic grated
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1 teaspoon Garam Masala
- 1 teaspoon chilli powder Kashmiri red
- salt to taste
- 1 egg

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 145 milligrams
4. Fat: 30 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 13 grams
8. Sodium: 300 milligrams
9. Sugar: 4 grams

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