

# Lamb Kofta Curry

Yield: 4 min  
Total Time: 75 min

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

## Ingredients:

- 1 pound ground lamb
- 2 onions Medium
- 1 head garlic
- 1 tablespoon ginger crushed
- 2 tablespoons wheat bran
- 1 teaspoon red chili powder Mild
- 2 teaspoons garam masala Powder
- 2 teaspoons coriander powder
- 1 teaspoon cracked black pepper
- 2 cardamoms Black
- 1/2 inch canela
- 4 cloves
- 1/2 mace Blade
- 1 tablespoon cumin seeds
- 1 tablespoon coriander seeds
- 400 grams whole peeled tomatoes
- 1 bunch cilantro
- 1 tablespoon oil

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 85 milligrams
4. Fat: 31 grams
5. Fiber: 7 grams
6. Protein: 23 grams
7. SaturatedFat: 12 grams
8. Sodium: 220 milligrams
9. Sugar: 2 grams

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