

Lamb Tikka Masala with Plums

Yield: 4 min
Total Time: 135 min

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

Ingredients:

- 3 tablespoons ghee or coconut oil
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- 1/4 teaspoon fenugreek seeds
- 1/2 teaspoon red chili kashmiri, or cayenne
- 1/2 teaspoon tumeric
- 2 teaspoons garam masala
- 1/4 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 cup crushed tomatoes
- 1 yellow onion cut into chunks
- 1 ginger thumb sized piece of peeled
- 2 garlic cloves
- 1 pound lamb stewing, cut in chunks
- 2 tablespoons coconut sugar
- 1/2 cup plums halved
- 5 kaffir lime leaves
- 1 cup coconut cream or milk

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 85 milligrams
4. Fat: 55 grams
5. Fiber: 4 grams
6. Protein: 24 grams
7. SaturatedFat: 30 grams
8. Sodium: 450 milligrams
9. Sugar: 8 grams

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