

# Lentil Cakes Tikka Masala

Yield: 4 min  
Total Time: 70 min

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

## Ingredients:

- 1 cup lentil dried, du Puy, rinsed and picked over for stones
- 1/2 yellow onion small dice
- 1 tablespoon ginger fresh grated
- 1 tablespoon cilantro minced
- 2 teaspoons garam masala
- 1/4 cup flour I used millet flour
- 1 egg
- 3/4 teaspoon kosher salt
- 1/2 yellow onion small dice
- 1 cup tomato sauce
- 1/2 cup cream
- 1/2 cup plain yogurt
- 1 pinch canela
- 1 pinch tumeric
- 2 teaspoons cilantro
- canola oil

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 80 milligrams
4. Fat: 17 grams
5. Fiber: 18 grams
6. Protein: 19 grams
7. SaturatedFat: 6 grams
8. Sodium: 760 milligrams
9. Sugar: 10 grams

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