

# Coriander And Spiced Marrow Curry

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 2 onions
- oil
- 1 teaspoon cumin seeds
- 1 teaspoon brown mustard seeds
- cayenne pepper a pinch
- 1/2 teaspoon turmeric
- 2 tomatoes
- 1 marrow
- 1 lemon
- coriander a bunch, chopped
- yoghurt natural, to serve
- steamed rice to serve

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 5 milligrams
4. Fat: 7 grams
5. Fiber: 4 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 35 milligrams
9. Sugar: 7 grams

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