

Kofta Pulao

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 7 15/16 ounces minced meat I used chicken
- 3 long green chilies finely chopped
- 1/2 bunch coriander parsley, finely chopped
- 1 onion medium, finely chopped
- 1 tablespoon red chili powder
- salt to taste
- 1 tablespoon garam masala powder
- 1 1/16 cups besan chickpea powder
- 2 11/16 cups basmati rice
- 3 7/16 cups peas
- 2 onion medium, finely sliced
- 1 tablespoon minced garlic
- 1 tablespoon minced ginger
- salt to taste
- 1 tablespoon red chili powder
- 1 teaspoon cumin white
- 4 bay leaves
- 2 cups chicken stock
- 3 tomatoes chopped sliced
- 3 green chilies julienned
- 1/2 bunch coriander parsley, chopped
- 1 tablespoon coriander seeds
- 1 tablespoon fennel seeds
- 3 whole black pepper cloves, black cardamom and cinnamon sticks
- 1/2 cup vegetable oil

Nutrition:

1. Calories: 1160 calories
2. Carbohydrate: 161 grams

3. Cholesterol: 40 milligrams
4. Fat: 39 grams
5. Fiber: 19 grams
6. Protein: 41 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 720 milligrams
9. Sugar: 22 grams
10. TransFat: 1.5 grams

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