

# Indian Mince With Fresh Tomato Salad

Yield: 4 min  
Total Time: 20 min

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

## Ingredients:

- 1 red onion sliced
- 2/3 pound beef mince
- 2 tablespoons mild curry powder or medium
- 1/2 cup red lentils dried
- 3 cups beef stock
- 3 tomatoes
- 1 handful coriander leaves
- 4 naan bread mini

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 50 milligrams
4. Fat: 13 grams
5. Fiber: 12 grams
6. Protein: 31 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 730 milligrams
9. Sugar: 7 grams
10. TransFat: 1 grams

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