

Chettinad Mutton Chukka, Mutton Pepper Fry

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 500 grams mutton pieces, boneless
- 1 tablespoon black pepper
- 1 tablespoon cumin seeds
- 1 teaspoon shahi jeera
- 2 cardamom
- 2 cloves
- 1/2 inch cinnamon stick
- 6 whole red chili
- 2 tablespoons oil
- 1/2 cup shallots ground into paste
- 2 teaspoons ginger garlic paste
- 1 teaspoon turmeric powder
- 2 teaspoons coriander powder
- salt to taste

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 100 milligrams
4. Fat: 10 grams
5. Fiber: 2 grams
6. Protein: 29 grams
7. SaturatedFat: 2 grams
8. Sodium: 260 milligrams

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