

Indian Spiced Meatballs in Curry Sauce

Yield: 7 min
Total Time: 55 min

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

Ingredients:

- 2 pounds lean ground pork
- 1 1/2 inches ginger long piece of, peeled and grated or 1 tsp dried ginger
- 1 tablespoon cumin
- 1 tablespoon coriander
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon nutmeg
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 1 teaspoon salt
- 2 tablespoons plain yogurt
- 1 tablespoon vegetable oil
- 1 onion large, chopped
- 3 garlic cloves minced
- 1 inch ginger long piece of, peeled and grated
- 1/4 cup cilantro stalks chopped
- 3 tablespoons curry paste Indian, not sauce
- 14 ounces chopped tomatoes /400 ml, can of
- 1 cup water /250 ml
- 1 cup black kale /cavolo nero chopped
- 1/2 cup light cream /125 ml, /single cream
- 1 teaspoon Garam Masala
- cilantro leaves chopped

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 8 grams

3. Cholesterol: 90 milligrams
 4. Fat: 11 grams
 5. Fiber: 2 grams
 6. Protein: 29 grams
 7. SaturatedFat: 3.5 grams
 8. Sodium: 450 milligrams
 9. Sugar: 3 grams
-

Thank you for visiting our website. Hope you enjoy Indian Spiced Meatballs in Curry Sauce above. You can see more 15 indian pork meatballs recipe Try these culinary delights! to get more great cooking ideas.