

Northern Indian Lamb Meatballs

Yield: 4 min
Total Time: 75 min

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

Ingredients:

- 2 garlic cloves small
- 1 inch peeled fresh ginger sliced
- 2 tablespoons vegetable oil
- 1 onion large, finely chopped
- 1/2 teaspoon ground turmeric
- 3/4 teaspoon cayenne pepper
- 2 tablespoons ground coriander
- 8 ounces tomato sauce plain
- 1 bay leaf dried
- coarse salt
- 12 ounces ground lamb
- 1 cup fresh breadcrumbs fine
- 1/3 cup chopped fresh cilantro finely
- 1 large egg
- 6 prunes quartered
- 1/2 teaspoon garam masala
- vegetables Pickled, for serving
- flatbread Indian, for serving

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 115 milligrams
4. Fat: 31 grams
5. Fiber: 6 grams
6. Protein: 22 grams
7. SaturatedFat: 10 grams

8. Sodium: 760 milligrams

9. Sugar: 13 grams

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