

# Indian Restaurant Lamb Curry

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-restaurant-lamb-curry-recipe>

## Ingredients:

- 2 teaspoons spice mix indian restaurant, recipe link below
- 1 teaspoon chili powder
- 3/4 teaspoon paprika
- 1 teaspoon dried fenugreek leaves kasoor methi -
- 1/2 teaspoon tandoori masala
- 1/2 teaspoon kosher salt
- 1/4 teaspoon coarse black pepper butcher's grind works well
- 3 tablespoons oil
- 2 inches cassia bark piece of, or cinnamon stick
- 1 cardamom pod black, or 2-3 green cardamom pods
- 1 bay leaf
- 2 tablespoons onions or shallots minced
- 1 tablespoon garlic ginger paste recipe link below
- 1 1/2 tablespoons tomato paste with enough water to dilute to the consistency of pasatta
- 2 tablespoons cilantro leaves and stems finely chopped
- 15 ounces base curry, recipe link below
- 12 ounces beef pre-cooked lamb -, or chicken work as well
- 1/2 teaspoon sugar
- 5 cherry tomatoes halved

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 60 milligrams
4. Fat: 24 grams
5. Fiber: 2 grams
6. Protein: 19 grams
7. SaturatedFat: 6 grams
8. Sodium: 660 milligrams

9. Sugar: 3 grams
  10. TransFat: 1 grams
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