

Spicy Indian Steak

Yield: 6 min
Total Time: 85 min

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

Ingredients:

- 1 tablespoon ginger root grated
- 1 small onion minced
- 3 garlic cloves minced
- 2 teaspoons coriander seeds
- 1 teaspoon cumin seeds
- 1/2 teaspoon cayenne pepper
- 1 teaspoon salt
- 1 teaspoon mustard seeds
- 3 tablespoons vegetable oil
- 2 pounds flank steak or strip steak, cut into 6 serving size pieces

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 55 milligrams
4. Fat: 18 grams
5. Protein: 32 grams
6. SaturatedFat: 5 grams
7. Sodium: 480 milligrams

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