

# Indian Street Food – Indian-Inspired Lobster Thermidor

Yield: 2 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/white-wine-recipe-indian-food>

## Ingredients:

- 2 lobsters prepared as above.
- 2 tablespoons ghee
- 5 curry leaves
- 1/2 teaspoon brown mustard seeds
- 1/2 onion very finely chopped
- 1 tablespoon garlic paste
- 1 teaspoon cumin powder
- 1 teaspoon chili powder
- 1 teaspoon English mustard
- 6 3/4 tablespoons white wine
- 1 teaspoon saffron
- 6 3/4 tablespoons double cream
- 2 tablespoons yogurt
- 3 tablespoons coriander finely chopped
- 4 tablespoons Parmesan cheese – grated
- 2 limes

## Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 235 milligrams
4. Fat: 38 grams
5. Fiber: 5 grams
6. Protein: 37 grams
7. SaturatedFat: 16 grams
8. Sodium: 720 milligrams
9. Sugar: 5 grams

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