

# Instant Pot Indian Lamb Curry

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/quick-instant-cooker-recipe-indian>

## Ingredients:

- 1 pound meat lamb, for stew
- 1 tablespoon avocado oil
- 1 green cardamom
- 1/2 teaspoon fennel seeds
- 1 inch cinnamon
- 1 teaspoon whole black peppercorns
- 1 bayleaf
- 1 red onion chopped
- 3 cloves garlic smashed
- 1/2 teaspoon ginger grated
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground coriander
- 2 tablespoons masala meat, / curry masala powder
- 1 medium tomato chopped
- salt to taste
- 1/4 cup chopped cilantro for garnish, optional

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 85 milligrams
4. Fat: 31 grams
5. Fiber: 2 grams
6. Protein: 21 grams
7. SaturatedFat: 12 grams
8. Sodium: 270 milligrams
9. Sugar: 2 grams

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