

Mutton Keema Kofta Curry

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 300 grams mutton fine, mince
- 2 teaspoons green chilli (Finely Chopped)
- 4 tablespoons fresh coriander (Finely Chopped)
- 2 tablespoons fresh mint
- 1 teaspoon ginger grated
- 1 teaspoon garlic minced
- 2 teaspoons salt
- 2 slices bread (Soaked in 1 tbsp milk)
- 1/4 cup onion golden fried, crushed
- 1/2 teaspoon garam masala powder
- 2 tablespoons ghee
- 3 tablespoons vegetable oil
- 3 cloves
- 2 black cardamom
- 3 green cardamom
- 5 pepper corn
- 2 bay leaf
- 1 cup onion coarsely ground
- 1 teaspoon ginger grated
- 1 teaspoon garlic crushed
- 2 green chilli (Slit into half)
- 1/2 cup onion golden fried
- 2 teaspoons coriander powder
- 2 teaspoons chilli powder
- 1 teaspoon turmeric powder
- salt to taste
- 1/2 teaspoon garam masala powder
- 1/2 cup curd (Whisked with 1 tsp Maida)
- 2 tablespoons fresh coriander chopped
- 1 teaspoon ginger julienned

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 75 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 21 grams
7. SaturatedFat: 4 grams
8. Sodium: 1570 milligrams
9. Sugar: 5 grams

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