

Methi Keema

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 1/4 cup mustard oil
- 2 black cardamom
- 2 green cardamom
- 1 inch cinnamon
- 1 cup onion Chopped
- 2 teaspoons ginger garlic paste
- 2 green chilli Slit into half
- 400 grams keema Mutton
- 1/4 cup yogurt
- 2 teaspoons coriander powder
- 1/2 teaspoon turmeric powder
- 2 teaspoons chilli powder Kashmiri red
- 1/2 teaspoon garam masala powder
- salt to taste
- 1 cup methi Fresh, / fenugreek leaves Chopped
- 2 teaspoons lemon juice

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 75 milligrams
4. Fat: 27 grams
5. Fiber: 13 grams
6. Protein: 29 grams
7. SaturatedFat: 11 grams
8. Sodium: 300 milligrams
9. Sugar: 3 grams

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