

Creamy Lamb Korma in Instant Pot Pressure Cooker

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 pound lamb leg steak cut into 1 inch pieces
- 1 tablespoon light olive oil
- 1 medium onion chopped
- 2 tablespoons garlic ginger-, grated, 1 inch ginger + 6 cloves garlic
- 2 tablespoons tomato paste
- 1/2 cup coconut milk yogurt
- 3/4 cup water added in two steps
- 1 teaspoon salt adjust to taste
- 3 teaspoons Garam Masala adjust to taste
- 1/2 teaspoon turmeric powder
- 1/4 teaspoon cayenne pepper
- 1 teaspoon paprika
- 1/2 teaspoon cardamom powder
- 2 tablespoons cilantro fresh chopped for garnish, optional
- 1/2 teaspoon lime juice before serving

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 8 grams
3. Fat: 4 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 660 milligrams
8. Sugar: 2 grams

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