

# Lamb Kofta Kari – Meatballs in Spicy Curry Sauce

Yield: 8 min  
Total Time: 50 min

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

## Ingredients:

- 1 1/2 pounds ground lamb paleo diet: lean meat
- 1 teaspoon salt paleo diet: sea salt
- 1/2 teaspoon cumin
- 1/2 teaspoon fenugreek
- 1/2 teaspoon garlic powder
- 1 teaspoon ground ginger
- 1 tablespoon garbanzo bean flour paleo diet: coconut flour
- 1 egg beaten
- 1 onion medium, chopped
- 1 jalapeno large, minced
- 1 1/2 tablespoons olive oil
- 1 teaspoon ground ginger
- 2 garlic cloves minced
- 1 tablespoon curry mild
- 3/4 teaspoon cayenne pepper
- 1/2 tablespoon Garam Masala
- 2 cups vegetable broth
- 6 Roma tomatoes diced
- 1 tablespoon tomato paste
- 3 tablespoons cilantro chopped
- 1/3 cup cashews ground into a paste\*
- 1 cup plain yogurt + 2 Tbsp. for thickening, paleo diet: coconut milk yogurt
- 1 dash allspice

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 11 grams

3. Cholesterol: 95 milligrams
  4. Fat: 28 grams
  5. Fiber: 2 grams
  6. Protein: 19 grams
  7. SaturatedFat: 10 grams
  8. Sodium: 630 milligrams
  9. Sugar: 5 grams
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