

Lamb Pilau / Pulao - A One-Pot Pakistani Lamb Pilaf

Yield: 4 min
Total Time: 95 min

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

Ingredients:

- 4 tablespoons oil
- 3 onions sliced
- 10 cloves garlic
- 1 1/2 tablespoons garlic freshly grated
- 750 grams lamb bone in
- 2 tablespoons cumin seeds whole
- 4 teaspoons salt or to taste
- 1 cinnamon finger-sized piece whole
- 2 1/2 cups basmati rice white, soaked for a minimum of 30 minutes
- 2 1/2 tablespoons whole coriander seeds
- 2 1/2 tablespoons black peppercorns
- 2 bayleaf
- 10 green cardamoms
- 3 cardamoms black
- 5 whole cloves
- 1/2 star anise

Nutrition:

1. Calories: 1180 calories
2. Carbohydrate: 115 grams
3. Cholesterol: 135 milligrams
4. Fat: 60 grams
5. Fiber: 8 grams
6. Protein: 44 grams
7. SaturatedFat: 20 grams
8. Sodium: 2490 milligrams
9. Sugar: 4 grams

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