

Mutton Kofta Curry, Indian Meatball Curry

Yield: 4 min
Total Time: 80 min

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

Ingredients:

- 500 grams mutton mince / small mutton pieces
- 5 cloves / laung
- 3 cardamom / elaichi
- 1/2 teaspoon black pepper corns whole, / kali mirch
- 1 inch canela stick, / dal chini
- 1 teaspoon chilli flakes
- 1 teaspoon cumin seeds
- 1/3 cup cashew nuts
- 2/3 cup chana dal roasted
- 4 green chili
- 3 tablespoons coriander leaves
- 1/2 cup oil
- 2 onions finely sliced
- 2 teaspoons ginger garlic paste
- 1 teaspoon coriander powder
- 1 teaspoon red chili powder
- 1/4 teaspoon turmeric powder
- 2 tomatoes blend into a puree
- salt to taste

Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 100 milligrams
4. Fat: 42 grams
5. Fiber: 11 grams
6. Protein: 40 grams

7. SaturatedFat: 5 grams
 8. Sodium: 290 milligrams
 9. Sugar: 11 grams
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