

Chicken Kofta Curry (Indian Meatball Curry)

Yield: 5 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-kofta-meatball-recipe>

Ingredients:

- 1 pound lean meat ground, I used chicken
- 1/2 white onion grated
- 15 leaves mint minced finely
- 1/2 tablespoon garam masala
- 3 cloves garlic grated
- pepper
- salt
- 1 1/2 onions sliced
- 20 curry leaves
- 2 tablespoons ginger paste garlic, or 1Tbs of grated garlic and 1 Tbs of grated ginger
- 1 cup diced tomatoes fresh or canned
- 2 teaspoons paprika
- 1 cup cream or half and half *I used half and half
- 1 teaspoon garam masala
- 3 cloves
- 2 green cardamom pods
- 1 cinnamon stick about 1inch long
- 1 cup water or chicken broth, I used the equivalent of water and bullion
- salt to taste
- 1 tablespoon coriander seeds roasted and ground
- 1 teaspoon cumin seeds roasted and ground
- 4 whole red chilies dried, make the spice level to your taste-, roasted and ground

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 105 milligrams

4. Fat: 34 grams
 5. Fiber: 5 grams
 6. Protein: 20 grams
 7. SaturatedFat: 16 grams
 8. Sodium: 450 milligrams
 9. Sugar: 4 grams
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