

# Indian Restaurant Madras Curry

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/squash-and-methi-indian-recipe>

## Ingredients:

- 1 teaspoon spice mix indian restaurant, or curry powder – recipe link below
- 2 teaspoons Madras curry powder or use more indian restaurant mix powder if you don't have any madras curry powder
- 1 teaspoon chili powder
- 3/4 teaspoon paprika
- 1/2 teaspoon methi kasoor, – dried fenugreek leaves
- 1/2 teaspoon kosher salt
- 4 tablespoons oil
- 2 inches cassia bark piece of, or cinnamon stick
- 2 tablespoons onions minced
- 1 tablespoon garlic /ginger paste – recipe link below
- 1 tablespoon tomato paste with enough water to dilute to the consistency of pasatta
- 15 ounces base curry, – recipe link below
- 12 ounces pre cooked chicken or lamb
- 1 tablespoon coconut milk powder in enough water to get to coconut milk consistency, optional
- 1 teaspoon fresh lemon juice – about 1/6 of a lemon

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 5 grams
3. Fat: 15 grams
4. Fiber: 1 grams
5. Protein: 3 grams
6. SaturatedFat: 2 grams
7. Sodium: 570 milligrams
8. Sugar: 2 grams

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