

A Mild Lamb Curry

Yield: 6 min

Total Time: 105 min

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

Ingredients:

- 2 teaspoons coriander seeds
- 2 teaspoons cumin seeds
- 8 cardamom pods
- 4 whole cloves
- 3 tablespoons oil mild flavoured
- 4 onions medium, peeled and thinly sliced
- 2 1/4 pounds lamb shoulder trimmed and cut into 1/2 inch squares
- 2 teaspoons ground turmeric
- 4 cloves garlic, peeled and minced
- 1 tablespoon fresh ginger root minced
- salt
- ground black pepper
- 1 7/8 cups coconut milk
- 5/8 cup chicken stock
- 1 lime
- 2 11/16 cups basmati rice
- 1 ounce butter
- 1 handful fresh coriander chopped
- 1 lime
- 1 lime
- black pepper Salt and, to taste

Nutrition:

1. Calories: 910 calories
2. Carbohydrate: 94 grams
3. Cholesterol: 120 milligrams
4. Fat: 43 grams
5. Fiber: 9 grams
6. Protein: 44 grams

7. SaturatedFat: 22 grams
 8. Sodium: 340 milligrams
 9. Sugar: 7 grams
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