

# Indian Mutton Biryani

Yield: 4 min  
Total Time: 140 min

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

## Ingredients:

- 1 kilogram mutton cut into medium pieces
- 750 grams basmati rice soaked for half an hour
- 1 cup oil /ghee
- 4 onions finely sliced
- 2 green chili slit
- 2 tablespoons ginger garlic paste
- 6 ripe tomatoes very finely chopped
- 1 bay leaf
- 4 cloves
- 3 inches cinnamon sticks
- 4 cardamom
- 1/2 teaspoon shahi jeera
- 2 teaspoons red chili powder
- 2 teaspoons coriander powder
- 4 cups yogurt
- salt to taste
- 2 tablespoons lemon juice
- 1 bunch coriander leaves /cilantro finely chopped
- 1 bunch mint leaves /pudina finely chopped

## Nutrition:

1. Calories: 1710 calories
2. Carbohydrate: 188 grams
3. Cholesterol: 225 milligrams
4. Fat: 70 grams
5. Fiber: 10 grams
6. Protein: 79 grams
7. SaturatedFat: 11 grams
8. Sodium: 450 milligrams

9. Sugar: 21 grams

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