

Mutton keema

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 4 tablespoons vegetable oil
- 2 green cardamom pods
- 2 cassia bark ½cm piece
- 2 red chillies dried
- 2 bay leaves small Indian
- 1 medium onion finely chopped
- 1/2 teaspoon garlic paste
- 1 teaspoon ginger paste
- 1 1/8 pounds mutton or lamb mince
- 1 teaspoon ground coriander
- 1/2 teaspoon cumin seeds whole, toasted and crushed
- 1/4 teaspoon chilli powder
- 1/2 teaspoon ground turmeric
- 1 tablespoon tomato purée
- 1 tablespoon lemon juice
- mint leaves to serve

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 100 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 29 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 95 milligrams
9. Sugar: 2 grams

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