

Pakistani bhuna Mutton Keema

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-beef-bhuna-recipe>

Ingredients:

- 500 grams mince beef / mutton – keema
- 1/2 cup oil –, see notes 2
- 250 grams onion or 2 cup sliced onion
- 3 medium tomatoes
- 1 tablespoon cumin whole, –, sabut zeera
- 1 1/2 tablespoons coriander seeds –, sabut dhanya
- 1/2 tablespoon chilli flakes –, kooti lal mirch
- 4 cloves –, laung
- 10 black pepper –, kali mirch
- 1/2 inch cinnamon stick –, dal cheeni
- 1 whole black cardamom –, bari elaichi
- 1 tablespoon chili paste green
- 1/2 tablespoon garlic paste
- 1/2 tablespoon ginger paste
- 2 tablespoons lemon juice
- 1/2 cup yogurt –, dahi, whipped
- 2 tablespoons butter –, optional
- 4 jalapeno peppers –, darmiyani hari mirch, thick slices
- 2 inches ginger –, adrak, julienne
- 1/4 cup fresh coriander –, hara dhanya, chopped
- 1/4 teaspoon black pepper powder –, freshly grounded

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 105 milligrams
4. Fat: 54 grams
5. Fiber: 4 grams
6. Protein: 27 grams

7. SaturatedFat: 14 grams
 8. Sodium: 170 milligrams
 9. Sugar: 7 grams
 10. TransFat: 1.5 grams
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