

Pakistani Lentil Curry

Yield: 2 min

Total Time: 115 min

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

Ingredients:

- 3/4 cup brown lentils
- 1/4 cup red lentils
- 4 cups water
- 5 whole garlic cloves
- 3/4 teaspoon salt
- 1/2 teaspoon ground coriander
- 1/2 teaspoon cayenne pepper or to taste
- 1/4 teaspoon ground turmeric
- 2 tablespoons clarified butter
- 1/4 onion sliced
- 1 teaspoon ground cumin
- 1/8 cup milk optional
- 1 tablespoon fresh cilantro minced

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 63 grams
3. Cholesterol: 30 milligrams
4. Fat: 13 grams
5. Fiber: 31 grams
6. Protein: 27 grams
7. SaturatedFat: 7 grams
8. Sodium: 930 milligrams
9. Sugar: 4 grams

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