

# Lamb Pasanda Instant Pot (mutton Pasanda)

Yield: 4 min  
Total Time: 75 min

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

## Ingredients:

- 3 tablespoons oil
- 2 cloves / lounng
- 2 cardamoms / elaichi
- 1 cinnamon stick
- 1 onions medium size, finely sliced
- 1 teaspoon ginger garlic paste
- 500 grams lamb / mutton, with bones
- salt to taste
- 3/4 teaspoon red chili powder
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon coriander powder
- 10 almonds
- 10 cashew nuts
- 2 onions medium size, deep fried separately in oil
- 1 cup yogurt
- 2 cups water
- 2 tablespoons cilantro leaves
- 6 mint leaves
- salt to taste
- 1/2 teaspoon garam masala powder
- 1/2 teaspoon black peppercorn kali mirch powder/, powder

## Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 95 milligrams
4. Fat: 43 grams

5. Fiber: 3 grams
  6. Protein: 25 grams
  7. SaturatedFat: 15 grams
  8. Sodium: 500 milligrams
  9. Sugar: 6 grams
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