

Baked Pakistani Seekh Kabob (Ground Beef Skewers)

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 2 pounds ground beef regular, not lean
- 2 onions medium, peeled and cut into wedges
- 2 green chili peppers such as Serrano cut in half
- 1/4 cup cilantro leaves
- 1 tablespoon mint leaves
- 1/2 tablespoon crushed garlic
- 1/2 tablespoon ginger crushed
- 2 tablespoons butter melted
- 2 teaspoons lemon juice freshly squeezed
- 1 teaspoon black pepper each of, cumin powder, coriander powder, and red chili flakes
- 1/2 teaspoon Garam Masala
- 1/4 teaspoon red chili pepper or cayenne or more to taste
- 2 1/8 teaspoons salt
- 1 large egg whisked

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 220 milligrams
4. Fat: 41 grams
5. Fiber: 2 grams
6. Protein: 46 grams
7. SaturatedFat: 18 grams
8. Sodium: 1470 milligrams
9. Sugar: 4 grams
10. TransFat: 2.5 grams

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