

Pakistani Pot Roast Beef Fillets (Pasanday)

Yield: 8 min
Total Time: 55 min

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

Ingredients:

- 1 cup plain yogurt
- 1 teaspoon garlic paste ginger
- 2 teaspoons crushed red pepper flakes
- 1/2 teaspoon cumin ground black
- 1/2 teaspoon ground cloves
- 1/4 teaspoon ground turmeric
- 2 teaspoons salt
- 2 pounds round steak cut into pieces
- 3/4 cup vegetable oil
- 1 onion medium, thinly sliced
- 1 1/2 tablespoons lemon juice
- 1 bunch fresh cilantro for garnish, optional
- 4 green chilies fresh, for garnish, optional

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 70 milligrams
4. Fat: 36 grams
5. Fiber: 2 grams
6. Protein: 22 grams
7. SaturatedFat: 8 grams
8. Sodium: 690 milligrams
9. Sugar: 4 grams
10. TransFat: 0.5 grams

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