

Indian Goat Curry (Bohra Muslim Style)

Yield: 4 min
Total Time: 155 min

Recipe from: <https://www.recipeschoose.com/recipes/potatoes-minced-meat-recipe-indian>

Ingredients:

- 1 red onion chopped
- 1 tablespoon sesame seeds
- 8 cashews unsalted
- 8 almonds unsalted
- 20 peanuts unsalted
- 12 dried chillies
- 1 tablespoon coriander seeds
- 1 tablespoon cumin seeds
- 1 tablespoon flour chick pea, besan
- 2 1/4 pounds meat goat, trimmed and cut into cubes
- 3 tablespoons ghee
- 4 cloves
- 20 curry leaves fresh
- 2 cinnamon sticks
- 1/2 pound potatoes peeled and cut into 1/4
- 2 red onions sliced
- 400 milliliters coconut milk
- 1 tablespoon tamarind pulp
- 2 teaspoons salt
- 1 tablespoon coriander fresh

Nutrition:

1. Calories: 1280 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 185 milligrams
4. Fat: 105 grams
5. Fiber: 10 grams

6. Protein: 54 grams
 7. SaturatedFat: 48 grams
 8. Sodium: 1360 milligrams
 9. Sugar: 9 grams
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