

# Marrow Curry

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/small-marrow-indian-recipe>

## Ingredients:

- 1 tablespoon rapeseed oil
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- 1 onion large, peeled and chopped
- 3 garlic cloves peeled
- 1 1/8 cups plum tomatoes
- 1 tablespoon fresh ginger grated
- 2 green chillies chopped
- 1/2 teaspoon turmeric
- 1/2 teaspoon chilli powder
- 1 teaspoon salt
- 1 marrow
- 1 teaspoon Garam Masala
- 1 handful fresh coriander

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 9 grams
3. Fat: 4 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. Sodium: 600 milligrams
7. Sugar: 4 grams

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