

# Southern Indian lamb curry

Yield: 5 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-indian-lamb-curry-recipe>

## Ingredients:

- 1 1/2 tablespoons cloves
- 5 1/2 tablespoons fennel seed
- 1 1/2 tablespoons cumin seed
- 1 1/2 tablespoons coriander seed
- 1 1/2 tablespoons turmeric
- 4 tablespoons extra virgin olive oil
- 1 cinnamon stick
- 2 bay leaves fresh
- 10 curry fresh, leaves
- 1 fresh red chilli
- 2 onions medium, coarsely chopped
- 5 cloves garlic peeled
- 2 tablespoons fresh ginger finely chopped
- 3 pounds lamb boned shoulder, cut into 2.5cm cubes
- salt
- ground black pepper
- 5 fresh tomatoes large, coarsely chopped
- 7 7/16 tablespoons yoghurt plain unsweetened natural
- 1 spring onion shredded
- 7 5/16 cups basmati rice steamed
- raita

## Nutrition:

1. Calories: 1960 calories
2. Carbohydrate: 237 grams
3. Cholesterol: 200 milligrams
4. Fat: 79 grams
5. Fiber: 11 grams
6. Protein: 70 grams

7. SaturatedFat: 29 grams
  8. Sodium: 360 milligrams
  9. Sugar: 7 grams
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