

Indian Jalfrezi Curry

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-indian-jalfrezi-recipe>

Ingredients:

- 3 cups leftover meat cold, beef or lamb, cut into thin strips
- 3 onions finely sliced
- 3 tomatoes peeled, seeds removed, finely chopped
- 3 green chili pepper seeds and interior white skin removed, cut into thin strips
- 3 tablespoons oil
- 1/4 teaspoon mustard seed
- 1/4 teaspoon cumin seeds
- 1/4 teaspoon coriander
- 1/4 teaspoon turmeric
- 1 tablespoon worcestershire sauce

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 125 milligrams
4. Fat: 51 grams
5. Fiber: 3 grams
6. Protein: 31 grams
7. SaturatedFat: 18 grams
8. Sodium: 150 milligrams
9. Sugar: 8 grams

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