

Indian Lamb Curry

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/spinach-stem-indian-recipe>

Ingredients:

- 2 onions brown, roughly chopped
- 6 cloves garlic peeled
- 1 inch ginger piece of, peeled and roughly chopped
- 1 11/16 cups chopped tomatoes
- 1 11/16 cups chicken stock made with a stock cube
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon curry powder
- 1 teaspoon ground cumin
- 1/2 turmeric
- 1 11/16 cups coconut milk
- 2 tablespoons dark soy sauce
- 1 2/3 pounds leg of lamb diced
- spinach I didn't measure, just grabbed a couple of handfuls

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 125 milligrams
4. Fat: 35 grams
5. Fiber: 5 grams
6. Protein: 47 grams
7. SaturatedFat: 25 grams
8. Sodium: 750 milligrams
9. Sugar: 9 grams

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