

Garlic Tandoori Masala Meatballs

Yield: 7 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/tandoori-masala-recipe-pakistani>

Ingredients:

- 1 kilogram minced beef
- 1 cup coriander finely chopped dania
- 7 cloves garlic minced
- 1 teaspoon cumin
- 1/2 teaspoon pepper
- 1 tablespoon coriander powder
- 1 cup bread crumbs
- 2 eggs
- 1 red onion small, chopped
- 1 cup spring onion kitunguu matawi, chopped
- 7 cloves garlic
- 2 tomatoes diced
- 1 tablespoon tomato paste
- 1 1/2 tablespoons tandoori masala
- 1/2 teaspoon dried thyme
- 1 teaspoon paprika
- 1/2 teaspoon chili paste
- 1 cup yoghurt plain

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 160 milligrams
4. Fat: 24 grams
5. Fiber: 2 grams
6. Protein: 33 grams
7. SaturatedFat: 10 grams

8. Sodium: 260 milligrams
 9. Sugar: 4 grams
 10. TransFat: 1.5 grams
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