

Indian Mutton Curry

Yield: 4 min
Total Time: 85 min

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

Ingredients:

- 2 pounds goat or sheep leg, cut into suitable bite-sized chunks
- 4 tablespoons vegetable oil or canola or sunflower cooking oil
- 2 large onions sliced thin
- 2 tomatoes large, diced
- 2 tablespoons garlic paste
- 1 tablespoon ginger paste
- 2 teaspoons coriander powder
- 1 teaspoon cumin powder
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon red chili powder
- 2 teaspoons garam masala powder
- salt to taste
- coriander Garnish:, chopped, optional

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 165 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams
6. Protein: 46 grams
7. SaturatedFat: 3 grams
8. Sodium: 310 milligrams
9. Sugar: 4 grams

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