

Veg Kofta Pulao

Yield: 5 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/veg-kofta-curry-recipe-pakistani>

Ingredients:

- 5 1/2 cups rice Soaked and drained
- 3 star anise
- 6 black peppercorn
- 1 inch canela
- 1 bay leaf
- 5 green cardamoms
- 5 cloves
- 2 cardamoms black
- 2 tablespoons ghee
- 3 green chillies
- 1 ginger Cut it into julienne
- 3 onion medium, sliced
- 4 cups vegetable stock
- salt to taste
- 1 tablespoon coriander leaves
- 1 tablespoon mint leaves chopped
- 3 saffron strands of
- 2 medium potatoes Boiled,peeled and mashed
- 1/2 cup processed cheese grated
- 1/2 cup cottage cheese grated
- 1 capsicum small green, Chopped
- 1 carrot Medium, Grated
- 3 green chillies Chopped
- 1 tablespoon mint leaves chopped
- 1 tablespoon coriander leaves chopped
- 1/2 cup flour refined
- oil for deep frying
- 1 teaspoon kewra
- fried onions for garnishing, optional

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 105 grams
3. Cholesterol: 5 milligrams
4. Fat: 10 grams
5. Fiber: 7 grams
6. Protein: 12 grams
7. SaturatedFat: 1 grams
8. Sodium: 1010 milligrams
9. Sugar: 10 grams

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