



Ingredients

1/2 kg mutton
2 large onions, sliced
4 cloves
3 cardamoms
1 (1" piece) cinnamon stick
1 tsp ghee
3 tbsp of curd
2-3 large bunches (250 g) spinach leaves
1 bay leaf
1 tsp cumin seeds
1 tsp coriander seeds
2 tsp garlic paste
1 tsp ginger paste
1/4 tsp turmeric powder
1 tsp chilli powder
1 tsp lime juice
Salt to taste

Nutrients

Approx. calories per serving: 287 kcal

Procedure

Preheat a 16 cm Regular unit on medium until the Thermo Indicator reaches 20 degree mark. Add the cumin and coriander seeds. Toast for just a few seconds, then grind them into a fine powder and keep it along with the turmeric and chilli powder. In the same unit add 1 tsp ghee/oil followed by the cinnamon, cloves, cardamom and sliced onions.

Fry the onions until they turn golden brown. Remove and grind into a paste. Wash and drain the mutton pieces well. Preheat a 24 cm Regular unit on medium heat until the Thermo indicator reaches the green mark. Drop the mutton pieces and roast them for a few minutes until the meat begins to release the fat, then add the bay leaf along with the garlic and ginger paste.

Fry for a minute or so then add the onion paste, followed by the powdered spices. Fry for 1-2 minutes then add the curd, 4 tbsp of water and salt to taste. Cover and cook on low heat until the mutton is cooked (approximately 40-45 minutes). Meanwhile, wash the greens and place them in any suitable unit. Cover and cook on low heat until the Thermo Indicator reaches 80 degree mark.

Remove the cooked spinach and grind it into a smooth paste. Once the mutton is completely cooked, add the spinach paste followed by the lime juice. Simmer for a few minutes more, adjust all the seasonings and remove from the stove. Serve hot with a roti/chapati, as per your choice.