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## Indian Spiced Lamb ♦♦

Indian Spiced Lamb is a flavorful and aromatic dish that is popular in Indian cuisine. It is made with tender lamb cooked in a blend of traditional Indian spices, creating a rich and savory flavor. The dish is typically served with rice or naan bread.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 60 mins

**Total Time:** 80 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	lamb
150 g	onion
4 cloves	garlic
2 tsp	Ginger
200 g	Tomato

<b>100 g</b>	Yogurt
<b>2 tsp</b>	Cumin
<b>2 tsp</b>	Coriander
<b>1 tsp</b>	Turmeric
<b>1 tsp</b>	Chili powder
<b>1 tsp</b>	Salt
<b>2 tbsp</b>	Oil
<b>100 ml</b>	Water

## Directions

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### Step 1

Stove

Heat oil in a large pan over medium heat. Add onions and cook until golden brown.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Stove

Add garlic and ginger to the pan and cook for another 2 minutes.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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### Step 3

Stove

Add lamb to the pan and cook until browned on all sides.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 4

Stove

Add tomatoes, yogurt, cumin, coriander, turmeric, chili powder, and salt to the pan. Stir well to combine.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 5

Stove

Cover the pan and simmer for 40 minutes, or until the lamb is tender and cooked through.

**Prep Time:** 0 mins

**Cook Time:** 40 mins

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### Step 6

Serve the Indian Spiced Lamb with rice or naan bread.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 20 g

**Protein:** 25 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	20 mg	250%	111.11%
Potassium	500 mg	14.71%	19.23%
Zinc	20 mg	181.82%	250%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Cuisines

Indian

### Course

Salads

Sauces & Dressings

### Cooking Method

Microwaving

Smoking

Curing

Blending

Grinding

Freezing

Canning

Drying

Pickling

Sous Vide

Pasteurizing

Fermenting

Infusing

Pressing

Jellying

Carbonating

Whipping

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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