

Recipe Name: Mutton Ghee Roast Recipe
Diet Type: Non-Vegetarian
Course: Appetizer
Cuisine: Mangalorean
Quantity:



Ingredients

Ingredient	Quantity
• 500 g Mutton - cut into 1 inch cubes	4
• 1/2 cup Ghee	
• 1/2 cup Mustard Oil	
• 1 cup Onion - finely chopped	
• 1 cup Tomato - finely chopped	
• 6 Green Chilies - finely chopped	
• 2 Red Chilies - finely chopped	
• 1 cup Coriander - finely chopped	
• 1 cup Mint - finely chopped	
• 2 cups Potatoes - cut into 1 inch cubes	
• 2 cups Carrots - cut into 1 inch cubes	
• 1 cup Cauliflower - cut into 1 inch cubes	
• 6 cups Spinach - finely chopped	
• 1 cup Cabbage - finely chopped	
• 2 cups Beans - cut into 1 inch cubes	
• 2 cups Peas - cut into 1 inch cubes	
• 2 cups Lentils - cut into 1 inch cubes	
• 1 cup - finely chopped	

Preparation

- Heat 30 g Ghee in a pan. Add 1 cup Onion, 1 cup Tomato, 6 Green Chilies, 2 Red Chilies, 1 cup Coriander, 1 cup Mint, 2 cups Potatoes, 2 cups Carrots, 1 cup Cauliflower, 6 cups Spinach, 1 cup Cabbage, 2 cups Beans, 2 cups Peas, 2 cups Lentils, 1 cup - finely chopped. Cook for 10 minutes.
- Add 1 cup Mutton, 1 cup Ghee, 1 cup Mustard Oil, 1 cup Coriander, 1 cup Mint, 2 cups Potatoes, 2 cups Carrots, 1 cup Cauliflower, 6 cups Spinach, 1 cup Cabbage, 2 cups Beans, 2 cups Peas, 2 cups Lentils, 1 cup - finely chopped. Cook for 10 minutes.



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Macronutrients

Calories (kcal) Protein (g) Carbs (g) Fat (g) Fiber (g) Sugar (g)

