DietCloud – Recipe

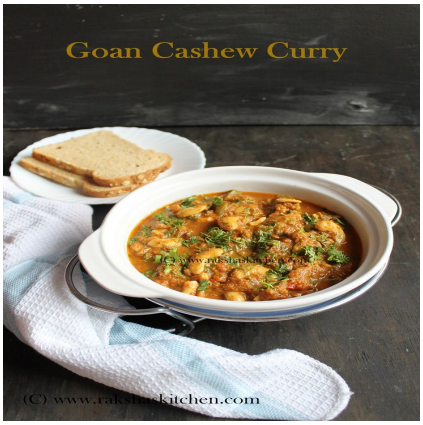
Recipe Name: Goan Kaju Curry Recipe

Diet Type:

Course: Lunch

Cuisine: Goan Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup cashews - cut	3
• 1 tomato - finely chopped	
• 1 capsicum (green) - cut	
• 1/2 tsp turmeric powder	
• oil - as per use	
• 1 tablespoon green coriander - cut	
• salt - as per taste	
• 1 cup coconut - grated	
• 2 onions - finely chopped	
• 5 garlic - chopped	
• 1 tsp coriander seeds	
• 3 red chillies	
• 5 whole black pepper	
• 1 tsp cumin	
• 2 long	
• 1/2 tamarind - Marble Size Ball	

Preparation

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Macronutrients

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