



Kerala Mutton Fry Recipe

Ingredients

- Sachets MAGGI Masala-ae-Magic
- Teaspoon Fennel Seeds (Saunf)
- Star Anise (Coarsely Crushed)
- Green Cardamom (Coarsely Crushed)
- Cinnamon (1 Inch Pieces)
- Cloves
- 1/2 1/2 Teaspoon Turmeric Powder
- Tablespoons Coriander Powder
- Teaspoon Black Peppercorns
- Cloves Garlic (Chopped)
- gms Mutton
- Tablespoons Refined Oil
- Teaspoon Mustard Seeds
- Onion (Chopped)
- Inch Ginger (Chopped)
- Curry Leaves
- Pinch Salt (To Taste)

Instruction

1. Prepare ingredients as mentioned in the list. Grind fennel seeds, star anise, green cardamom, cinnamon, cloves, turmeric powder, coriander powder, black peppercorns and garlic together.
2. Put the mutton in a pressure cooker, add the above ground masala and MAGGI Masala-ae-Magic. Mix well and add half a cup of water. Now, add salt to taste and pressure cook for 8-10 minutes after the first whistle. Allow to cool, open pressure cooker and dry-out the liquid, if any.
3. Heat the oil in a wok, add the mustard seeds and when they start to splutter, add the onions, ginger and curry leaves. Sauté till onions are soft and transparent, add the cooked mutton and sauté on a low-flame, till well-fried and brown.
4. Serve hot with Kerala Parottas.

Nutrition

Carbohydrates	8.44 g
Energy	800.2 kcal
Fats	18.31 g
Protein	23.82 g

51 Minutes

5 Servings