NEPALI · LUNCH · DINNER

Nepali Goat Curry (Khasi ko Masu)

50 min · Serves 5 · 285 kcal a serve · Video 3:17 · Yummy Food World

Gluten-free ingredients · Nut-free

Goat is a lean red meat: a serve gives about 32 g of protein with only 9 g of fat, and is rich in zinc, iron and vitamin B12. The gravy is mostly onion and tomato, with just 5 tsp of oil in the pot.

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Ingredients

19 · SERVES 5

- [ ] 5 tsp **oil**
- [ ] 8–9 **cardamom pods**
- [ ] 6–7 **cloves**
- [ ] 2–3 **bay leaves**
- [ ] ½ tsp **coriander seeds**
- [ ] ½ tsp **cumin seeds**
- [ ] 5 **green chillies**, cut lengthways
- [ ] 3 big **onions**, chopped
- [ ] 2 tsp **ginger-garlic paste**
- [ ] ½ tsp **turmeric powder**
- [ ] 2¼ lb **goat meat** (mutton), bone-in pieces
- [ ] **salt**, to taste
- [ ] 1 tsp **red chilli powder**
- [ ] 1 tsp **garam masala**
- [ ] ½ tsp fennel (saunf) powder
- [ ] ½ cup **spring onions**, chopped
- [ ] a handful of **fresh coriander**, half with the meat and half to finish
- [ ] 2 cups **tomato purée** (fresh tomatoes blended)
- [ ] ½ cup **yoghurt**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oil in a pressure cooker and fry the cardamom, cloves, bay leaves, coriander seeds and cumin seeds briefly. Add the green chillies, then the onions, and fry until the onions turn brown. 0:30
2. Stir in the ginger-garlic paste and turmeric, then add the goat meat with salt, red chilli powder, garam masala and fennel powder and mix well. 0:55
3. Add the spring onions and half the coriander and cook for 3–4 minutes, stirring all the time. 1:35
4. Pour in the tomato purée (no water is needed), close the lid and cook for 3–4 whistles until the meat is tender. 1:54
5. Let the pressure drop, open the cooker, turn off the heat and stir in the yoghurt and the rest of the coriander. 2:25

> **Tip** Serves 5 (our estimate from 2¼ lb of bone-in meat). Without a pressure cooker, simmer covered until tender, adding a splash of water if needed. Serve with rice or roti.

The method is a summary in our words — the video shows every step.

One serve gives you

1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
285 kcal	32 g	19 g
1,190 kJ	64% of a day	15 g net · 9.2 g sugars
		7% of a day

FIBRE	FAT	SODIUM
4.4 g	9.1 g	500 mg
16% of a day	1.9 g saturated	22% of a day
	12% of a day	

Energy from net carbs 22% · protein 48% · fat 30% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Zinc 57% · Vitamin B12 56% · Vitamin C 35% · Vitamin K 35% · Iron 29% · Omega-3 28% · Selenium 26% · Potassium 20%

Source of (10–19%) Vitamin B6 18% · Vitamin E 15% · Folate 14%

Recipe and video: Yummy Food World (@YummyFoodWorld) on YouTube — youtube.com/watch?v=2n4_yVyMDSI, published 9 June 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/nepali-khasi-ko-masu-goat-curry