



Malai kofta with spicy gravy

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 800 g potatoes peeled
- ☐ 5 tbsp flour plain
- ☐ 2 eggs beaten
- ☐ 100 g breadcrumbs fine
- ☐ 4 servings cooking oil for frying
- ☐ 2 tbsp paneer grated
- ☐ 5 cashew pieces chopped
- ☐ 1 tbsp raisins

☐ 2 to 2 chilies slit green finely chopped

☐ 0.3 tsp sugar

☐ 1 tsp ground coriander

☐ 0.5 tsp ground cardamom

☐ 3 tbsp vegetable oil

☐ 2 medium onion chopped

☐ 3 garlic clove crushed

☐ 1 large piece ginger grated

☐ 2 tsp poppy seeds crushed

☐ 1 tbsp cashew pieces

☐ 3 tbsp vegetable oil

☐ 3 large tomatoes

☐ 1 tsp chili powder

☐ 0.5 tsp ground coriander

☐ 4 servings single cream flaked

Equipment

☐ food processor

☐ frying pan

☐ sauce pan

Directions

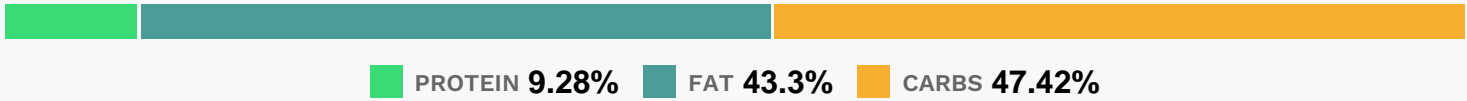
☐ Boil the potatoes until tender, then drain, return to the pan and put over a low heat to steam dry for a few mins. Mash with some seasoning and cool.

☐ Mix all the filling ingredients together. Make 12 balls of potato. Take one, press your finger into it to make a little hole, then place a little of the filling mixture into the centre. Pinch the potato back over to seal and shape into a round. Repeat with remaining potato balls and filling.

☐ Roll each kofta in flour, dip in the beaten egg, then roll in the breadcrumbs. Fill a deep saucepan halfway with oil, and heat until a small piece of bread browns in 20 secs. Fry the koftas in batches for a few mins until golden, then set aside on kitchen paper.

- ☐
- For the gravy, blend together the onions, garlic, ginger, poppy seeds and nuts in a food processor to a pure.
- ☐
- Heat the oil, then fry the onion pure until just turning brown.
- ☐
- Add the pured tomatoes, spices and sugar. The gravy should be quite thick, but if you want to thin it down a bit, add a little water.
- ☐
- When the gravy comes to a boil, add the koftas.
- ☐
- Heat through and serve with a drizzle of single cream and some flaked almonds scattered on top.

Nutrition Facts



Properties

Glycemic Index:114.51, Glycemic Load:35.6, Inflammation Score:-9, Nutrition Score:29.886086951131%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 13.4mg, Quercetin: 13.4mg, Quercetin: 13.4mg, Quercetin: 13.4mg

Nutrients (% of daily need)

Calories: 653.44kcal (32.67%), Fat: 32.15g (49.47%), Saturated Fat: 6.18g (38.61%), Carbohydrates: 79.22g (26.41%), Net Carbohydrates: 68.79g (25.01%), Sugar: 10.55g (11.72%), Cholesterol: 87.83mg (29.28%), Sodium: 326.47mg (14.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.5g (31%), Vitamin C: 66.1mg (80.13%), Manganese: 1.14mg (57.23%), Vitamin K: 58.33µg (55.55%), Vitamin B6: 0.91mg (45.57%), Fiber: 10.44g (41.74%), Potassium: 1446.85mg (41.34%), Vitamin B1: 0.6mg (40.24%), Phosphorus: 308.46mg (30.85%), Folate: 120.01µg (30%), Vitamin A: 1471.42IU (29.43%), Copper: 0.57mg (28.31%), Iron: 4.91mg (27.29%), Vitamin B3: 5.44mg (27.18%), Selenium: 18.84µg (26.92%), Magnesium: 105.92mg (26.48%), Vitamin E: 3.52mg (23.47%), Vitamin B2: 0.38mg (22.13%), Calcium: 181.06mg (18.11%), Zinc: 2.1mg (14.01%), Vitamin B5: 1.37mg (13.67%), Vitamin B12: 0.29µg (4.76%), Vitamin D: 0.45µg (2.97%)