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 · No nuts listed

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.

Diet notes: Low saturated fat (1.9 g, 6% of the energy); DASH-friendly (500 mg sodium a serve).

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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**
- [ ] 1 kg **goat meat** (mutton), bone-in pieces
- [ ] **salt**, to taste
- [ ] 1 tsp **red chilli powder**
- [ ] 1 tsp **garam masala**
- [ ] ½ tsp fennel (saunf) powder
- [ ] 50 g **spring onions**, chopped
- [ ] a handful of **fresh coriander**, half with the meat and half to finish
- [ ] 480 g **tomato purée** (fresh tomatoes blended)
- [ ] 120 g **yoghurt**

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

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

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 1 kg 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 1,190 kJ	32 g 64% of a day	19 g 15 g net · 9.2 g sugars 7% of a day
FIBRE	**FAT**	**SODIUM**
4.4 g 16% of a day	9.1 g 1.9 g saturated 12% of a day	500 mg 22% 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