PAKISTANI · LUNCH · DINNER

# Shinwari Karahi (Peshawari Mutton with Tomato and Pepper)

Mutton Shinwari Karahi

75 min · Serves 4 · 477 kcal a serve · Video 4:34 in Urdu · Cooking with kawish

Gluten-free ingredients · No dairy listed · No nuts listed

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Mutton cooked only with tomatoes, green chillies and black pepper, with no onions, cream or flour: about 40 g protein and 6 g net carbs a serve, with over two-thirds of a day's zinc.

**Diet notes:** Keto (5.7 g net carbs a serve); Low saturated fat (3.4 g, 6% of the energy); Paleo with a swap: olive, avocado or coconut oil instead of the vegetable oil.

## Ingredients 8 · SERVES 4

- [ ] 2¼ lb **mutton** (goat), karahi-cut pieces on the bone
- [ ] 1 tsp **salt** (up to ½ tbsp, to taste)
- [ ] 1 tbsp **crushed ginger-garlic paste**
- [ ] ½ cup **vegetable oil**
- [ ] 1 lb **tomatoes**, very finely chopped
- [ ] 2–3 small **hot green chillies**, finely chopped, and 3 large green chillies, plus 1–2 to finish
- [ ] 1 tbsp **coarsely crushed black pepper**, plus ½–1 tsp to sprinkle
- [ ] chopped **coriander leaves**, to finish

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

**Allergens found in the listed ingredients:** none. 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. Put 2–2½ glasses of water in a karahi or wide pot and add the mutton, salt, crushed ginger-garlic and the oil. 0:34
2. Cover and cook for 35–40 minutes until the meat is tender and the water has dried up. 1:15
3. Add the finely chopped tomatoes and stir for 2–4 minutes. 1:43
4. Add ½ cup hot water, cover and cook on high heat for 10–15 minutes until the tomatoes have melted and the water has dried up. 2:24
5. Add the chopped hot green chillies and the large green chillies with 1 tbsp crushed black pepper, and fry, stirring, for 4–5 minutes. 3:03
6. Finish with coriander leaves, a green chilli or two and a final sprinkle of black pepper. 3:53

> **Tip** Serves 4 (our estimate for 2¼ lb mutton). Traditionally eaten with naan or roti; a salad or cauliflower rice keeps it lower in carbs. Lamb works the same way.

The method is a summary in our words, in English — the video (in Urdu) shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 477 kcal | 40 g | 8.1 g | 2.4 g | 32 g | 710 mg |
| 2,000 kJ | 79% of a day | 5.7 g net · 3.6 g sugars | 9% of a day | 3.4 g saturated | 31% of a day |
| | | 3% of a day | | 41% of a day | |

**Energy from** net carbs 5% · protein 34% · fat 61% — fits keto: 5.7 g net carbs, 61% of the energy from fat

**High in** (20%+ of a day) Omega-3 157% · Zinc 71% · Vitamin B12 69% · Vitamin E 42% · Vitamin K 35% · Iron 33% · Vitamin C 31% · Selenium 31% · Potassium 20%

**Source of** (10–19%) Vitamin B6 11%

**Recipe and video:** Cooking with kawish (@Cookingwithkawish) on YouTube — youtube.com/watch?v=ZrCDz72SoA4, published 18 June 2024. 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/shinwari-mutton-karahi