INDIAN · LUNCH · DINNER

Matar Mushroom Masala (Mushroom and Pea Curry)

45 min · Serves 4 · 342 kcal a serve · Video 7:42 · Kunal Kapur

Vegetarian · Gluten-free ingredients · No nuts listed

A vegetarian curry built on vegetables, with no cream: a serve has about 9 g of fibre and nearly half a day's vitamin C from the tomatoes, peas, onion and spices.

Diet notes: Low saturated fat (3.6 g, 9% of the energy); DASH-friendly (510 mg sodium a serve).

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Ingredients 24 · SERVES 4

- [ ] 6 tbsp **oil** (5 tbsp for the curry, 1 tbsp for the mushrooms)
- [ ] 1 **bay leaf**
- [ ] 2 pieces **cinnamon** (1 inch each)
- [ ] 3 **green cardamoms**
- [ ] 1 **black cardamom**
- [ ] 3 **cloves**
- [ ] 1½ tsp **cumin seeds**
- [ ] 2 cups sliced **onion**
- [ ] 1 tbsp chopped **garlic**
- [ ] 1 tbsp chopped **ginger**
- [ ] 1 **green chilli**
- [ ] 2 tsp **Kashmiri chilli powder**
- [ ] ½ tsp **turmeric**
- [ ] 1½ tbsp **coriander powder**
- [ ] 2 tbsp **curd** (plain yoghurt)
- [ ] 4 cups sliced **tomatoes**
- [ ] **salt**, to taste (for the curry and the mushrooms)
- [ ] 1½ cups **water**
- [ ] a pinch of **kasoori methi powder**
- [ ] a pinch of **garam masala**
- [ ] 1 tbsp **butter**
- [ ] 2 cups diced **mushrooms** (quartered)
- [ ] 1½ cups boiled **green peas** (matar)
- [ ] a handful of chopped **fresh coriander**

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 5 tbsp oil and add the bay leaf, cinnamon, cardamoms, cloves and cumin. Add the onions, then the garlic, ginger and green chilli, and cook until the onions are half browned. 0:39
2. Stir in the chilli powder, turmeric and coriander powder for about 15 seconds. Add the curd and cook on high for 2 minutes, then add the tomatoes and salt and cook until mushy. 1:31
3. Cool the masala a little and grind it to a fine paste. Return it to the pan with 1½ cups water, bring to the boil and finish with kasoori methi and garam masala. 2:22
4. In another pan, heat 1 tbsp oil on high, add the mushrooms and leave them untouched for 2 minutes. Add the butter, cook a minute more, then add the peas and a little salt and toss for 2 minutes. 4:09
5. Pour the curry over the mushrooms and peas, check the seasoning and finish with chopped coriander. 5:03

> **Tip** The cook cleans the mushrooms by rubbing them with a spoon of flour and rinsing it off (not counted here; just rinse them if you avoid gluten). Paneer or potato can replace the mushrooms. Serve with rice, roti or paratha.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
342 kcal	7.7 g	27 g
1,430 kJ	15% of a day	18 g net · 12 g sugars
		10% of a day

FIBRE	FAT	SODIUM
8.8 g	25 g	510 mg
31% of a day	3.6 g saturated	22% of a day
	32% of a day	

Energy from net carbs 22% · protein 9% · fat 69% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Omega-3 118% · Vitamin K 48% · Vitamin C 46% · Vitamin E 35% · Vitamin B6 26% · Folate 21% · Potassium 20%

Source of (10–19%) Iron 18% · Vitamin A 18% · Magnesium 17% · Zinc 15% · Selenium 11%

Recipe and video: Kunal Kapur (@KunalKapur) on YouTube — youtube.com/watch?v=VxWjgIZPaKo, published 6 September 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/matar-mushroom-masala-curry