



MUSHROOM & PEA CURRY WITH RICE

Inspired by Indian & Sri Lankan Cuisines

Nutrition Facts Per Serving: Calories 587, Protein 23g, Carbs 103g, Fat 9g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 10 min, **Cooking Time:** 15 min



INGREDIENTS

Peas

Mushroom

Onion, Garlic

Curry Leaves, Coriander Leaves

Tomato, Tomato Paste

Chili Pepper (optional)

Vegetables Oil

Blanching Mix

Whole Spices

Bazar Spice Powder

Lemon Juice, Salt

Rice

METHOD

1. Place peas in a pot & cover with cold water with 2 cm excess. Add blanching mix then place pot over high heat & bring to boil. Reduce heat, & simmer uncovered for ½ minute or until peas start to change color. Do not overcook, drain discarding water. Rinse with cold water to stop cooking.
2. Place pot over medium heat, add oil & when hot add whole spices & cook for about 30 seconds stirring until the aromas are released.
3. Add the curry leaves & cook until color changes. Add onion & chilies (SPICY – optional) & toss for a few seconds then reduce heat. Keep stirring over low heat until onions start to golden.
4. Add garlic & half the spice powder & cook for about 1 minute longer.
5. Add the peas & gently mix. Keep sautéing until color changes. Add mushrooms & remaining spices & toss gently to mix. Cook for 1 minute.
6. Add the tomato paste mixed with water (150 ml for 2 portions, 300 for 4 and 450 for 6) & stir through. Return to boil, add half the coriander leaves, stir & simmer for 5 minutes.
7. Keep simmering until peas are cooked but not too mushy. Stir frequently but gently. When done remove from heat, add remaining coriander leaves, salt & lemon juice to taste, adjust seasoning as desired. Serve with rice.

Note: I like to leave the whole spices as they will continue to release flavor, but feel free to remove any time after cooking the curry leaves.

Steamed Plain Basmati Rice

1. Place rice in a suitable container & cover with excess cold water 2cm above rice. Gently run fingers through & stir to release starch.
2. Decant water taking care not to dump any rice. Repeat 3-5 times or until water runs clear, strain in colander for about 5 min to get rid of excess water.
3. Place pot over high heat and add water (as per instructions on package) & salt. As soon as the water starts boiling add rice & swirl pot or stir very gently.
4. Return to boil then cover, reduce heat to low & simmer for about 15-20 minutes then remove from heat & keep covered for 5 minutes more. Gently fluff with fork and serve.

BON APPETIT