**Potato Peas Curry**

**Description**

It is a quick easy healthy, colourful and flavourful curry made with potato and peas (aloo matar). It takes less than 10 minutes to prepare with 6 vegetable servings and 2 starch/grain servings along with 2 protein servings (serves 6 people or enough for 6 meals for one person). Could be used as snack or part of main meal with rice, roti, naan, bread or crackers. Frozen peas not only considered as vegetable serving but also as a plant protein.

**Ingredients**

1 Large potato (1 cup cooked)

1 cup frozen or fresh green peas

2 cup water

1 cup chopped or crushed fresh tomatoes

1.5 cup chopped onion

1 handful raw cashews or any other nut or seed of your choice

2 tablespoon oil

1 teaspoon cumin seeds

½ teaspoon turmeric powder

½ to 1 teaspoon salt

1 teaspoon coriander powder- or any other herb or spice of your choice

½ teaspoon black pepper powder (optional)

2 tablespoons chopped fresh or dried curry leaves (optional) or any other green herb of your choice

2 chopped red chilli pepper (optional)

¼ teaspoon red chilli powder (optional)

**Preparation**

**Cooking time 6-7 minutes**

1. Cook potato in microwave for 2 minutes after poking at few places, flip and cook for another 2 minutes
2. While potatoes are being cooked heat oil in a pot and add cumin seeds, red chilli pepper and curry leaves. Cook until cumin seeds are brown. Takes 1-2 minutes.
3. Add cashews or whatever nuts or seeds you are using and cook for 30 seconds or until slightly brown
4. Add chopped onions and cook until slightly brown
5. Add tomatoes and cook for about 1 minute and add spices
6. Add water and cook until it starts boiling (takes 2 minutes)
7. Add green peas and cook until it starts boiling (takes 3-4 minutes)
8. Peal and crush potatoes in about ¼ inch pieces and to the pot. Cook for 30 seconds.
9. Serve hot or cold

**Tip:** use time in between to prep next item or clean up to shorten the total prep and clean up time.

You can add chopped onions and garlic same time when you add cumin seeds to give more flavour. You can also add cubed pieces of paneer too.