Quick 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 4 vegetable servings and 2 starch/grain servings along with a protein serving (serves 2 people or enough for 2 meals). 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**

4 small potatoes (1 cup cooked)

1 cup frozen or fresh green peas

1.5 cup water

1 cup chopped or crushed fresh tomatoes

2 tablespoon oil

1 teaspoon cumin seeds

½ teaspoon turmeric powder

1 teaspoon coriander powder

2 tablespoon chopped fresh or dried curry leaves (optional)

1 chopped jalapeno pepper (optional)

¼ teaspoon red chilli powder (optional)

**Preparation**

**Cooking time 6-7 minutes**

1. Cook potatoes in microwave after poking for 2 minutes, flip and cook for another 2 minutes
2. While potatoes are being cooked heat oil in a pot and add cumin seeds, jalapeno pepper and curry leaves. Cook until cumin seeds are brown. Takes 1-2 minutes.
3. Add tomatoes and cook for about 1 minute and add spices
4. Add water and cook until it starts boiling (takes 2 minutes)
5. Add green peas and cook until starts boiling (takes 3-4 minutes)
6. Peal and crush potatoes in about ¼ inch pieces and to the pot. Cook for 1 minute.
7. 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.