



FORKS OVER KNIVES®

Aloo Mattar | by Darshana Thacker

Serves 4-6



- 1/4 teaspoon black mustard seeds
- 1-2 pods cardamoms
- 4 pods clove
- 1 inch cinnamon stick
- 1/4 teaspoon cumin seeds
- 1 pinch asafetida (optional)
- 5-6 medium tomatoes, cubed
- 1 teaspoon cayenne pepper powder
- 1 teaspoon cumin powder
- 1 1/2 teaspoons coriander powder
- Salt to taste
- 3 medium russet potatoes
- 1 cup fresh, canned or frozen green peas
- 2 teaspoons finely chopped fresh cilantro (optional)

Instructions:

In a pan dry roast the mustard seeds, cardamom, cloves, cinnamon stick, stirring once the mustard seeds start to pop, add the cumin seeds and asafetida. Add the tomatoes; cook till the tomatoes soften, about 3-4 minutes. Add 2 cups of water and let cook for 2-3 minutes, add the cayenne pepper, cumin powder, coriander powder, salt and cook for 10-15 minutes.

While the tomatoes are cooking, in a pan bring 2-3 cups of water to boil, add the potatoes un-peeled and cook till the potatoes are soft, about 10-15 minutes. Remove from heat and let cool. Peel the skin and cut into 1 inch cubes. Rinse green peas in water and strain the water out. Add the potatoes and peas to the tomato sauce and cook for 7-10 minutes. Sprinkle cilantro (if using) and serve hot with steamed rice or whole grain bread.

Cooking & preparation time: 35-40 minutes

*Note: Asefetida is a spice derived from the resin extracted from a plant root. It has a pungent aroma that is very strong when raw but works as a flavor enhancer when cooked. It gives a unique flavor to most Indian dishes. It is also called "Hing," available in most Indian grocery stores.