

Matar Masala - Pea Curry



Ingredients

2 tbsp rapeseed oil
1/2 tsp cumin seeds
1/2 onion, thinly sliced
1 bell pepper, thinly sliced
2 cloves garlic, finely chopped

1/2 tsp turmeric powder
1/2 tsp ground coriander

350g frozen peas
100ml water
1tsp mint sauce
salt and pepper

Directions

- Heat the oil over a medium heat and add the cumin seeds, onion, bell pepper and garlic. Stir until the onion and pepper are beginning to soften, then add the turmeric and ground coriander, and stir through.
- Add the peas, along with the water, and heat for 5 minutes or until cooked and the water has evaporated, then stir through the mint sauce. Check for seasoning and serve.