DietCloud – Recipe

Recipe Name: Matar Keema Recipe

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup green peas - boiled and mashed • 1 potato - boiled and mashed • 1/2 cup cheese - pinch • 1 tomato - finely chopped / 2 teaspoon Rye • Asafoetida - a pinch • 1 onion - finely chopped • 1 tablespoon ginger garlic paste • 1 teaspoon red chilli powder • 1/2 teaspoon turmeric powder • coriander leaves - a little • 1 teaspoon coriander Powder • 1/2 teaspoon garam masala powder • oil - used • water - used • salt - used	4

Preparation

• To make pea mince, first heat oil in a pan.

• Add cumin, rye and asafoetida to it.

• Add onion after 15 seconds and cook till the onion becomes soft.

• After the onion becomes soft, add ginger garlic paste to it and let it cook for 2 minutes.

• After 2 minutes add finely chopped tomatoes and tomato puree.

• Beat the pan and let it cook for 3 to 4 minutes.

• After 4 minutes add red chili powder, turmeric powder, coriander powder, garam masala powder and salt.

• Mix and let it cook for 5 minutes.

- After 5 minutes add mash potatoes, cottage cheese and 1/4 cup of water.
- Mix all and let it cook for 6 to 8 minutes.
- After that add green peas.
- Cover the pan and let it cook for 3 to 5 minutes.
- After cooking, garnish with green coriander and serve.
- Serve Matar Keema with Spinach Raita and Phulka for dinner.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)