

**Recipe Name:** North Indian Style Mushroom Matar Masala Recipe

**Diet Type:** Vegetarian

**Course:** Lunch

**Cuisine:** North Indian Recipes

**Quantity:**



## Ingredients

| Ingredient                                    | Quantity |
|-----------------------------------------------|----------|
| • 1 cup Button mushrooms - chopped            | 2        |
| • 1 cup Green peas (Matar) - boiled           |          |
| • Sunflower Oil - as required                 |          |
| • 1/2 teaspoon Cumin seeds (Jeera)            |          |
| • 1/2 teaspoon Mustard seeds                  |          |
| • Asafoetida (hing) - a pinch                 |          |
| • 1 Onion - chopped                           |          |
| • 1 Onion - paste                             |          |
| • 1 Tomato - paste                            |          |
| • 1 tablespoon Ginger Garlic Paste            |          |
| • 1 Green Chilli - chopped                    |          |
| • 1/2 teaspoon Red Chilli powder              |          |
| • 1/2 teaspoon Turmeric powder (Haldi)        |          |
| • 1 teaspoon Coriander Powder (Dhania)        |          |
| • 1/4 teaspoon Garam masala powder            |          |
| • Water - as required                         |          |
| • 2 sprig Coriander (Dhania) Leaves - chopped |          |

## Preparation

- To begin making the North Indian Style Mushroom Matar, heat oil in a heavy bottomed pan.
- Add cumin seeds, mustard seeds and asafoetida.
- Let it splutter.
- Add the chopped onions and cook it for about a minute or two.
- Next, add the ginger garlic paste and let.

## Macronutrients



|                 |             |           |         |           |           |
|-----------------|-------------|-----------|---------|-----------|-----------|
| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
| 420             | 15          | 30        | 24      | 4         | 8         |

