DietCloud – Recipe

Recipe Name: Mustard Vegetable Curry Recipe
Diet Type: Vegetarian
Course: Side Dish
Cuisine: Indian
Quantity:



Description

A vibrant and comforting plant-based dish featuring tender carrots, potatoes, green beans, and sweet peas simmered in a velvety, golden curry base. The pungent depth of Dijon mustard harmonizes with aromatic cumin and turmeric, enriched by creamy coconut milk. Served piping hot over a bed of fluffy steamed white rice, this curry delivers an inventive, warming fusion of flavors.
[PROS]
- Loaded with dietary fiber from a diverse array of colorful vegetables to support gut health
- Provides anti-inflammatory and antioxidant benefits via turmeric, cumin, and garlic
- Completely dairy-free and naturally vegan, making it suitable for plant-based diets
[CONS]
- Contains saturated fat derived from coconut milk
- Relatively high carbohydrate load from the combination of potatoes and peas
[DIETITIAN REVIEW]
Score: 8.5/10. This mustard vegetable curry is an exceptional way to consume a rich variety of micronutrients, particularly beta-carotene, vitamin C, and potassium. While the saturated fat from coconut milk warrants mindful portioning for individuals monitoring lipid panels, the abundance of prebiotic fiber and anti-inflammatory spices makes it a highly wholesome, satisfying meal.

Ingredients

Ingredient	Quantity
• oil	2 teaspoons
• cumin seeds	1 teaspoon
• garlic	2 cloves, grated
• onions	2, finely chopped
• red chilli powder	1 teaspoon
• turmeric powder	1/2 teaspoon
• coconut milk	1/2 cup
• vegetable stock	1 cup

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• Dijon mustard	2 tablespoons

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• carrots	2, cut round thinly

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• green beans	5, cut into small pieces

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• green peas	1/4 cup, steamed

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• potatoes	2, boiled and diced

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• salt	as per taste

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Preparation

• 1.

• Heat oil in a wide skillet or pan over medium heat; add cumin seeds and allow them to crackle and release their aroma.

• 2.

• Add the finely chopped onions and grated garlic, sautéing for 4-5 minutes until the onions turn soft and translucent.

• 3.

• Stir in the turmeric powder and red chilli powder, cooking for about 30 seconds until fragrant.

• 4.

• Whisk the Dijon mustard into the pan, followed by the vegetable stock and coconut milk, stirring thoroughly to form a smooth, emulsified sauce.

• 5.

• Add the thinly sliced carrots and cut green beans into the curry; cover and simmer for 6 to 8 minutes until tender-crisp.

• 6.

• Gently fold in the boiled cubed potatoes and steamed green peas, seasoning with salt to taste.

• 7.

• Simmer uncovered on low heat for an additional 3-4 minutes to allow the vegetables to absorb the rich flavors before serving warm.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	60	20	8	10