DietCloud – Recipe

Recipe Name: MUSHROOM MASALA

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

This Mushroom Masala is a vibrant and flavorful Indian curry, featuring tender button mushrooms and sweet green peas simmered in a rich, spiced tomato-onion gravy. Garnished with fresh cilantro, it's a comforting and hearty dish often served alongside steaming rice or warm flatbreads. It offers a delightful balance of earthy, savory, and mildly spicy notes.
[PROS]
- Rich in dietary fiber from peas and vegetables, aiding digestion.
- Mushrooms provide B vitamins (riboflavin, niacin, pantothenic acid) and selenium, supporting energy metabolism and immune health.
- Generally low in calories and fat, making it a good choice for weight management when prepared with minimal oil.
- A fantastic source of plant-based protein, especially when paired with whole grains like brown rice.
[CONS]
- Sodium content can be high depending on pre-made spice mixes or added salt.
- Can become high in fat if excessive oil or ghee is used in preparation.
- Some individuals may be sensitive to certain spices, potentially causing digestive discomfort.
[DIETITIAN REVIEW]
This Mushroom Masala is a highly commendable plant-based meal, offering a robust nutrient profile with its combination of mushrooms and peas. It's an excellent source of vitamins, minerals, and fiber, contributing to satiety and overall well-being. To maximize its health benefits, ensure controlled use of oil and salt. Score: 8.5/10

Ingredients

Ingredient	Quantity
• Button Mushrooms	150g, sliced
• Green Peas	1/2 cup (frozen or fresh)
• Onion	1/2 small, finely chopped
• Tomato	1 medium, pureed
• Ginger-Garlic Paste	1 teaspoon

• Green Chili	1/2 (optional, finely chopped)

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• Vegetable Oil or Ghee	1 tablespoon

- Turmeric Powder 1/4 teaspoon

- Coriander Powder 1/2 teaspoon

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• Cumin Powder	1/4 teaspoon

• Red Chili Powder	1/4 teaspoon (adjust to taste)

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- Garam Masala — 1/4 teaspoon

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• Salt	to taste

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• Water	1/2 cup (or as needed)

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• Fresh Cilantro	2 tablespoons, chopped (for garnish)

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Preparation

• 1.
• Heat oil or ghee in a medium-sized pan over medium heat.
• Add finely chopped onion and sauté until translucent and lightly golden.
• 2.
• Stir in ginger-garlic paste and chopped green chili (if using).
• Cook for 1 minute until fragrant.
• 3.
• Add tomato puree along with turmeric powder, coriander powder, cumin powder, and red chili powder.
• Mix well and cook, stirring occasionally, until the oil starts to separate from the masala (about 5-7 minutes).
• 4.
• Add sliced mushrooms and green peas to the pan.
• Season with salt to taste.
• Sauté for 3-5 minutes until mushrooms soften slightly.
• 5.
• Pour in 1/2 cup of water and bring the gravy to a simmer.
• Cover the pan and let it cook for 5-7 minutes, allowing the flavors to meld and mushrooms to fully cook.
• 6.
• Stir in garam masala and cook for another 1-2 minutes.
• Check consistency and add more water if a thinner gravy is preferred.
• 7.
• Garnish generously with fresh chopped cilantro before serving hot with rice, naan, or roti.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	30	24	4	6