

Recipe Name: Corn And Peas Curry Recipe

Diet Type:

Course: Main Course

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 2 Corn Cob - cut into 1 inch pieces • Salt - to taste • Water - as required • 2 teaspoons Cumin seeds (Jeera) • 1 teaspoon Coriander seeds • 5 Dry Red Chillies • 2 teaspoons Sunflower Oil • 6 cloves Garlic • 1 inch Ginger • 2 Onions - sliced • 2 tablespoons Fresh coconut - grated • 2 teaspoons Sunflower Oil • 1 teaspoon Mustard seeds • 2 sprig Curry leaves • 1/2 cup Homemade tomato puree • Salt - to taste • 1/4 teaspoon Turmeric powder (Haldi) • 1 teaspoon Garam masala powder • 1 teaspoon Kashmiri Red Chilli Powder • 1/4 cup Green peas (Matar)	4

Preparation

- To begin making the Corn and Peas Curry Recipe, we will first cook the corn on the cob.



- Heat a skillet on medium flame, dry roast the cumin seeds, coriander seeds and dry red chillies until fragrant this will take about 3-5 minutes.

- Once done, stir in the grated coconut and saute for a minute.
- Mix well and turn off the heat.
- Allow the mixture to cool and add it to the mixer jar that has the whole spices.

- Check the salt and spices at this stage and adjust the taste accordingly.

Macronutrients

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