

Aloo Matar: Indian Pea and Potato Curry

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Ingredients

Olive oil, for frying
1 medium onion, chopped
4 large cloves of garlic, minced
1 knob of ginger, peeled and minced (about 2 teaspoons minced)
4 small potatoes, boiled until tender but not mushy
1 can chopped tomatoes
1 to 2 teaspoons Indian spice blend
1 teaspoon hot chili flakes
2 teaspoons sugar
Salt, to taste
2 cups frozen peas

Directions

Cut boiled potatoes into small chunks. Set aside.

In a large frying pan, heat one to two tablespoons of olive oil. Add onion and cook until onions begin to soften. Add garlic and ginger and cook for another 30 seconds. Add potato chunks and cook for 3 more minutes, until lightly browned. Add tomatoes, spices, sugar and salt.

Simmer for about 10 minutes, allowing the flavors to come together. Add peas and cook for a few more minutes until heated. Remove from heat.

Serve with plain yogurt and naan bread or rice.