

Carrot and Green Peas Kerala Curry

A delicious Kerala-inspired curry featuring the vibrant flavors of green peas and carrots in a fragrant spice blend.


30 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- Ingredients for 1 person:
- 1/2 cup green peas
- 1 medium carrot, diced
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1-inch ginger, grated
- 1 green chili, chopped
- 1/2 teaspoon turmeric powder
- 1 teaspoon coriander powder
- 1/2 teaspoon cumin powder
- 1/4 teaspoon garam masala
- Salt to taste
- 1 tablespoon coconut oil
- Fresh cilantro for garnish

Steps

- 1 Heat coconut oil in a pan and sauté onions until translucent.
- 2 Add garlic, ginger, and green chili. Cook until fragrant.
- 3 Stir in turmeric, coriander, and cumin powders.
- 4 Add carrots and green peas. Mix well.
- 5 Pour in enough water to cover the vegetables. Season with salt.
- 6 Simmer until the vegetables are tender.
- 7 Sprinkle garam masala and garnish with fresh cilantro.
- 8 Serve hot with rice or roti.