

Kerala Style Button Mushroom Curry

A flavorful Kerala-inspired button mushroom curry that combines earthy mushrooms, tangy tomatoes, and aromatic spices, creating a delicious vegetarian dish perfect for any meal.


20 min

Total time

Easy

Difficulty

180

kcal / serving

Ingredients

- 100g button mushrooms
- 1 medium onion, finely chopped
- 1 medium tomato, chopped
- 1 tablespoon coconut oil
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon red chili powder
- Salt to taste
- Fresh coriander for garnish

Steps

- 1 Heat coconut oil in a pan over medium heat.
- 2 Add mustard seeds and let them splutter, then add cumin seeds.
- 3 Sauté the chopped onions until golden brown.
- 4 Add the chopped tomatoes, turmeric, red chili powder, and salt. Cook until tomatoes soften.
- 5 Add button mushrooms and mix well. Cover and cook for 5-7 minutes until mushrooms are tender.
- 6 Garnish with fresh coriander and serve hot with rice or bread.