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by Liz Robb

Pea and Mushroom Curry



Ingredients

1 small onion
200g small chestnut mushrooms
100g baby button mushrooms
100g oyster mushrooms
A small piece of fresh ginger
1 large or 2 small green chillies
1 fat clove of garlic
1 large ripe tomato
2 tablespoons of olive oil
1 level teaspoon of ground cumin
1 heaped teaspoon of ground coriander
1 heaped teaspoon of garam masala
1 teaspoon of tomato puree
150g frozen petit pois
250-300ml chicken stock
Salt and freshly ground black pepper
2 tablespoons of low fat crème fraîche
A few sprigs of fresh coriander

Servings

3

Person

Preparation

- 1 To prepare the vegetables, peel and chop the onion very finely, then wipe the mushrooms clean. Slice the oyster mushrooms and halve the chestnut mushrooms and any bigger button mushrooms. Peel and grate the ginger, deseed and finely chop the chilli and peel the garlic.
- 2 Score the tomato all the way around in a cross shape, place in a small bowl and cover with boiling water for a minute. Pour off the water, peel the tomato and chop finely.
- 3 Heat the oil in a large heavy based saucepan over a low heat and sauté the onion for

2-3 minutes to soften it. Add the ginger, chilli and crushed garlic and cook for a further 2 minutes. Next add the cumin, coriander and garam masala and stir together for just a minute.

- 4 Tip in the mushrooms and the chopped tomato and cook gently, stirring, for 2 minutes. Add the tomato puree, 250 ml of chicken stock and the petit pois, bring up to a simmer, season with salt and black pepper and simmer gently for 5-6 minutes.
- 5 Add more stock if the curry is too thick, or stir in a heaped teaspoon of cornflour diluted with water if you want more thickness. Adjust the seasoning to taste. Turn off the heat and stir in the crème fraîche well before serving.
- 6 Garnish with chopped coriander leaves.

Cooks Note

This meat free curry, simply made with mushrooms, peas and spices, was one of my favourite dishes when I visited Nepal recently so I decided to make it for myself. I chose a mixture of mushrooms, including some oyster, but you can use whatever you have.

It can be served as a side dish to accompany other curries, but it also makes a lovely light supper dish, tasty but low in calories, when served with just basmati rice and maybe a cucumber raita or a spoonful of pickle on the side.

Serves 3-4.
