Vegetable Kadhai

This curry celebrates aromatic spices and can be adapted to chicken, paneer, white fish or lamb

Prep time – 15 minutes
Cooking time – 25-30 minutes
Serves 4-6

Ingredients:
(Kadhai masala: 2 cloves, fennel seeds, 1 tsp cumin seeds, 4 peppercorns, 1 tbsp coriander seeds, 2 cardamoms) 2 onions finely sliced, 1 large chopped tomato, 1 tsp oil, 1 green pepper cut in chunks, 2 small shallots that have been quartered and segmented, 1 tbsp butter, 2 green chillies slit lengthways, 1 tsp mango powder, 1 tsp ginger paste, 1 tsp garlic paste, 2 carrots cuts in discs or sticks, 1 cup of frozen peas, 2 potatoes cubed, 7-8 florets of cauliflower.

Method:
In a wide frying pan, dry roast kadhai masala spices for 4-5 minutes. Remove these to a dish and allow to cool. In the same pan, add some oil and fry the onions till they turn golden brown. Next, add the ginger and garlic paste and fry for a further 2-3 minutes. Add the tomato and stir well. Allow this to cook for 5-6 minutes, until tomatoes are nearly done.

In a saucepan, set some water to boil and par-cook the carrots, potato and peas. Drain and set aside. Blend the kadhai masala to a fine powder. Add the onions and tomato mixture to the jar and blend to a smooth paste.

Add some butter to the frying pan along with slit green chillies. Fry for 2 minutes and then add the par cooked vegetables and masala paste. Mix well so that all the vegetables are well coated. Add mango powder and salt. Add the green pepper and shallots and stir well. Check for seasoning and adjust. Add ½ cup of water and cover to cook till vegetables are tender. Serve with parathas or rice.