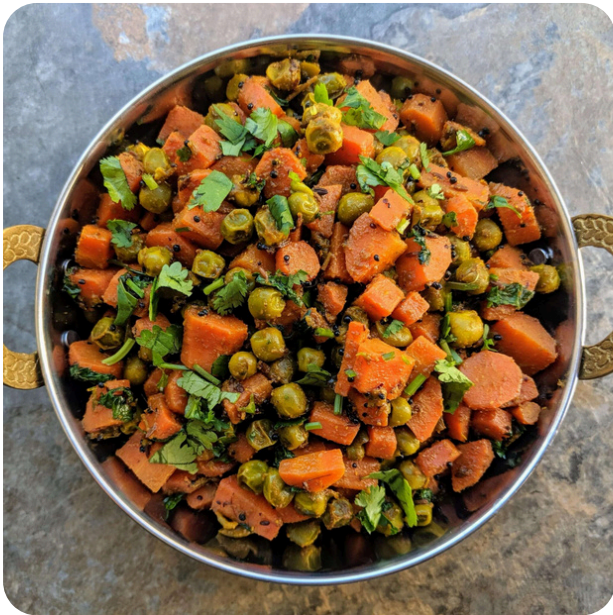




GAJAR MATAR

Gajar Matar is a simple yet comforting North Indian sabzi made with carrots, and green peas cooked in aromatic spices. This is a dish often made for Indian children to encourage them to eat more veggies. The cozy, familiar flavors are nostalgic for many people.



Yield: 10 servings

Total Time: 50 min

INGREDIENTS:

- 2 small onions roughly chopped
- 2 garlic clove roughly chopped
- 2 inch piece of ginger peeled and chopped
- 4 tablespoons vegetable oil
- 4 cups diced carrots
- 3 teaspoons ground turmeric
- 2 teaspoon ground cumin
- 2 teaspoon ground coriander
- 1 lb bag frozen peas (16 oz)
(thawed if frozen – you can soak the sealed bag in a bowl of warm water for a few mins.)
- 2 teaspoon kosher salt (or as needed, see notes below)
- 1/2 teaspoon sugar
- 1/2 cup water
- 1 teaspoon garam masala

TOOL BOX



Mixing bowls
Wavey choppers
Peelers
Cutting mats
Measuring tools
Large Skillet

PUNJABI:

Gajar = Carrots and Matar = Peas
Sabzi = dry curry (like a stirfry)

**CIRCLE ANY NEW INGREDIENTS
YOU TRIED TODAY!**

PUT A :) BY YOUR FAVORITE

PREPARATION:

Measure all of the spices into a bowl.



COOK

Heat the oil in a frying pan, then add the onion mixture and stir over high heat for 2 minutes, or until softened.

Then add the carrot and stir for 2 minutes.

Add the ground turmeric, cumin and coriander and fry for 2 minutes.

Stir in the peas, salt and sugar

Add water.

Reduce the heat to a simmer and cover the pan.

Simmer for 10 minutes, or until the carrot and peas are tender.

Stir in the garam masala and serve.

KIDS CAN:

Peel and chop carrots in small pieces.

Peel and chop onions in small pieces.

Peel and mince garlic cloves.

Peel and grate ginger.

Measure spices!

RATE THE RECIPE!



HOW WOULD YOU MAKE THIS DIFFERENT NEXT TIME?

LEARN MORE ABOUT OUR COOKING PROGRAMS AT ILOVESCHOOLHOUSE.COM