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Mushy Pea Curry ♦

A delicious vegetarian curry made with mushy peas. This curry has a rich and creamy texture, with a hint of spice. It is traditionally served with rice or naan bread.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	mushy peas
100 g	onion
2 cloves	garlic
1 tsp	Ginger
200 g	Tomato
400 ml	coconut milk

2 tsp	Curry powder
1 tsp	Turmeric
1 tsp	Cumin
1 tsp	Coriander
1 tsp	Salt
2 tbsp	vegetable oil
20 g	fresh cilantro

Directions

Step 1

Sautéing

Heat vegetable oil in a pan over medium heat. Add chopped onion, minced garlic, and grated ginger. Cook until the onion is soft and translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stirring

Add curry powder, turmeric, cumin, and coriander to the pan. Stir well to coat the onions and spices. Cook for 1 minute.

Prep Time: 1 mins

Cook Time: 1 mins

Step 3

Simmering

Add mushy peas, chopped tomatoes, and coconut milk to the pan. Stir well to combine. Bring to a simmer and cook for 15 minutes, stirring occasionally.

Prep Time: 5 mins

Cook Time: 15 mins

Step 4

Cooking

Season with salt to taste. Cook for an additional 5 minutes.

Prep Time: 1 mins

Cook Time: 5 mins

Step 5

Garnish with fresh cilantro before serving.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 20 g

Protein: 5 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	5 mg	384.62%	384.62%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	4 mg	36.36%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas Thanksgiving Barbecue

Cuisines

Italian Indian French Thai Mediterranean Middle Eastern

Nutritional Content

Low Calorie Low Fat Low Carb High Fiber Sugar-Free High Vitamin C
High Iron High Calcium

Kitchen Tools

Blender

Course

Appetizers Main Dishes

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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