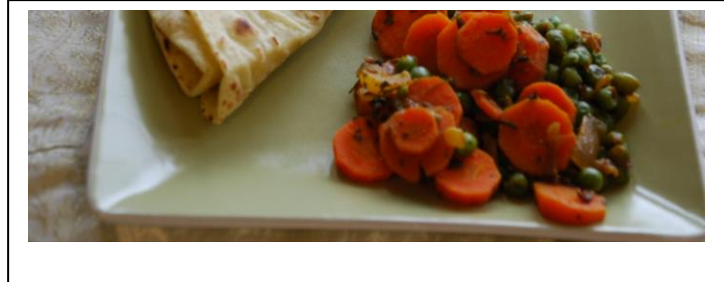


Gajjar aur Matar ki Sabji **(Cumin flavored Carrots and Peas)**

Sabji, a hindi word, literally translates into vegetable. In this connotation, it refers to a vegetable dish made with peas and carrots. Frozen green peas and carrots are part of everyone's grocery list. This flavorful Indian vegetable side dish is simple and can be served with breads like roti (Indian flat bread), pita, tortilla, or plain cooked white rice for a complete meal.

3 Carrots, cut into thick rings
1 Cup Frozen Peas, thawed
½ Medium Red Onion, finely chopped
¼ tsp Grated Ginger
½ tsp Cumin Seeds
⅛ tsp Turmeric Powder
⅛ tsp Cumin Powder
⅛ tsp Red Chili Powder (optional)
1 tsp Kasuri Methi (dried fenugreek leaves) (optional)
½ tsp Lime Juice
Salt to taste
½ tsp Oil



Heat the oil in a wide pan.

When hot add the cumin seeds. After the seeds sizzle, stir in the chopped onions.

Fry until the onions turn translucent. Then, add the ginger, cumin and turmeric powders. Stir.

Mix in the red chili powder and fenugreek leaves, if using. Stir.

Add the carrots and salt to taste. Cook covered for about 3 minutes.

Stir in the green peas and cook covered on medium flame for further 5 minutes.

Sprinkle water if the vegetables stick to the bottom of the pan.

Mix in the lime juice. Stir.

Remove from the flame and serve hot with bread or rice.

Tip: The dried fenugreek leaves can be substituted for fresh fenugreek leaves, which are available in Indian grocers.

The red chili powder adds a nice zing to the dish. If using, adjust it to suit your palate.

Variations: Fresh parsnips can be substituted for the carrots for a variation.

Sprinkle a generous helping of cilantro leaves just before serving. If using cilantro skip the fenugreek leaves.