

SIMPLE JALFREZI OF BUTTON MUSHROOMS AND PEAS

Serves 4

2 tsp cumin seeds, toasted
2 tsp brown mustard seeds, toasted
1 tsp fenugreek seeds, toasted
1 tsp coriander seeds, toasted
½ tsp caraway seeds, toasted
4 cloves garlic, peeled
5cm piece ginger, grated
1 tsp ground turmeric
2 Tbsp tomato paste
1 green chilli
1 bunch coriander, roots and leaves
½ cup vegetable oil
1kg button mushrooms, halved
2 Tbsp ghee
1 white onion, thickly sliced
½ green capsicum, diced
½ red capsicum, diced
500ml chicken stock
1 cup frozen peas
salt flakes and freshly-milled black pepper
coriander, lime wedges and rice, to serve

1 Combine the spices, garlic, ginger, turmeric, tomato paste, chilli, coriander and vegetable oil in a blender and purée until very smooth. You will have extra paste – freeze it for a later use.

2 Fry the mushrooms in ghee for 5 minutes until well-browned and reduced by half. Add the onion and capsicums and cook briefly. Mix in the jalfrezi paste and fry until aromatic, then pour in the stock. Bring to a simmer, stir in the peas, then season with salt and pepper. Serve with coriander, lime wedges and rice.