Indian Cashew Curry “Navratan Kurma”

Source: Recipe by Nandita Shah

This recipe gets its flavors from a variety of spices! Serve with brown rice.

About the Recipe

160 Calories · 3.9 g Protein · 4.9 g Fiber
Dinner
Gluten-free

Ingredients

Makes 4 Servings

- 1/8 c (16 g) raw cashews, soaked in about 1/2 c (60 mL) of water for about half an hour
- 2 carrots
- 1/2 head cauliflower
- 1 white potato or 3 c mixed vegetables (e.g., carrots, potatoes, cauliflower, green beans), chopped
- 1 medium onion, chopped coarsely
- 2 garlic cloves
- 1-inch (2.5-cm) piece ginger, peeled
- 2 green chilies, seeded (optional) **optional*
- 1 tsp (5 mL) poppy seeds (optional) **optional*
- 1/2 tsp (2.5 mL) turmeric
- 1 tbsp (15 mL) garam masala
- 2 cardamom pods
- 2 medium tomatoes, chopped
- 1/2 c (123 g) plain low-fat, nondairy yogurt
- 1/4 tsp (1.2 mL) iodized salt (optional) **optional*

- 1/4 c (40 g) raisins
- 3 tbsp (1/4 bunch) fresh cilantro, finely chopped, for garnish

Directions

1. Take cashews soaked in water, drain, and set soaking water aside. Place cashews in a blender and grind them into a smooth paste. Add a little water if needed to make cashews into a paste.
2. Steam mixed vegetables until tender.
3. Place onion, garlic, ginger, chilies, and poppy seeds (if using) in a food processor. Process into a coarse paste or mince them. Add paste to nonstick, heavy steel or cast iron pan and saute until the mixture becomes fragrant or until it just begins to brown a bit. Add the turmeric, garam masala, and cardamon and stir.
4. Then add tomatoes and cook, stirring, until tomatoes break down, approximately 3 minutes. Add plain nondairy yogurt and stir, letting the paste cook for another 2 to 3 minutes. Add salt, if using.
5. Add steamed vegetables, raisins, and cashew paste, mixing well. When the gravy comes to a boil, turn down the heat and simmer on a low flame for another 5 minutes for the flavors to incorporate. Garnish with cilantro.

Nutrition Facts

Per serving:

Calories: 160

Fat: 2.9 g

Saturated Fat: 0.5 g

Calories From Fat: 15.5%

Cholesterol: 0 mg

Protein: 3.9 g

Carbohydrate: 33 g

Sugar: 14.1 g

Fiber: 4.9 g

Sodium: 50 mg

Calcium: 91 mg

Iron: 1.7 mg

Vitamin C: 30.6 mg

Beta-Carotene: 3,399 mcg

Vitamin E: 1 mg