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

113 Calories · 3.5 g Protein · 2.7 g Fiber
Dinner
Gluten-free

Ingredients

Makes 6 Servings

• raw cashew nuts, soaked in about 1/2 cup of water for about half an hour (1/4 cup)
• mixed vegetables (e.g., carrots, potatoes, cauliflower, green beans), chopped (3 cups)
• onion, chopped coarsely (1 medium)
• garlic cloves (2)
• ginger, peeled (1-inch piece)
• green chilies, seeded, optional (1 or more)
• poppy seeds, optional (1 tsp.)
• turmeric (1/2 tsp.)
• garam masala (1 tbsp.)
• cardamom pods (2)
• tomatoes, chopped (2 medium)
• plain soy yogurt (1/2 cup)
• salt, optional (to taste)
Directions

1. Take cashews soaked in water, drain, and set soaking water aside. Place cashews in a blender and grind them into a fairly 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 sauté until the mixture becomes fragrant or until it just begins to brown a bit. Add the turmeric, garam masala, and cardamom and stir.
4. Then add tomatoes and cook, stirring, until tomatoes break down, approximately 3 minutes. Add soy yogurt and stir, letting the paste cook for another 2 to 3 minutes. Add salt, if using.
5. Add cooked 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: 113
Fat: 3.2 g
  Saturated Fat: 0.5 g
  Calories from Fat: 24.3%
Cholesterol: 0 mg
Protein: 3.5 g
Carbohydrates: 19.5 g
Sugar: 7.7 g
Fiber: 2.7 g
Sodium: 23 mg
Calcium: 67 mg
Iron: 2 mg
Vitamin C:
22 mg
Beta-Carotene: 1,415 mcg
Vitamin E: 0.6 mg