

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

- 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)
- raisins (1/4 cup)

- fresh cilantro, finely chopped, for garnish (3 tbsp.)

Directions

1. Soak raw, unsalted cashews in about 1/2 cup (120 milliliters) of water for about half an hour. 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. Prep potato, carrots, and cauliflower by chopping and steaming them until tender. You can swap green beans for any of the vegetables. You should have about 3 cups (546 grams) of mixed vegetables.
3. Chop a small onion, peel the ginger, and deseed the chilies. Use more or less chilies depending upon your spice preference. 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 dice and add two, medium sized 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 1/4 cup (60 milliliters) (or more if desired) finely chopped 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

Carbohydrates: 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