

Green Peas Masala (2-4 servings)

- One pound frozen green peas (Trader Joe's or any other brand) rinsed and drained
 - (thawing not required)
 - 4 tablespoons fresh grated coconut (in the freezer in Indian groceries- thaw to room temperature in required quantity)- may be substituted with dry shredded unsweetened coconut
 - 2-3 tablespoons of Seven Happy Seeds South Coast Spice Blend
 - 1 sprig Curry leaves (optional, can be found in most Indian Groceries)
 - 2 Garlic cloves finely chopped
 - 1 Serrano chili, deseeded and finely chopped (optional)
 - 2 tablespoons Cilantro finely chopped
 - 1 teaspoon salt (adjust to taste)
 - 2 teaspoons dark sugar
 - 2 tablespoons cooking oil
 - 2 cups water
1. Heat oil in a medium cooking pan. Add spice blend and toast lightly for a few seconds to release the aroma but taking care not to burn spices.
 2. Add curry leaves, coconut and garlic and sauté lightly.
 3. Add green peas, salt, sugar and water, and simmer covered on medium high heat for about 15 minutes.
 4. Remove lid and cook for an additional 5 minutes on low heat or until enough liquid remains to just coat the peas.
 5. Garnish with chopped cilantro and serve with any flatbread such as pita, or with rice.