**Aloo Matar Sabzi**

Prep time: 15 min Cook time: 30 min

**Ingredients:**

* ½ cup chopped onions
* 1 cup chopped tomatoes
* 1-inch piece of ginger
* 4 cloves of garlic
* 2 tbsp extra light olive oil
* ½ tsp cumin seeds (jeera)
* 2 medium potatoes, peeled and diced
* ¾ cup green peas (fresh or frozen)
* 1 pinch asafoetida (hing)
* ½ tsp red chili powder
* ¼ tsp turmeric powder (haldi)
* ½ tsp garam masala
* 1½ cups water (adjust as needed)
* 2 tbsp chopped coriander leaves
* Salt to taste (low sodium)

**Instructions:**

**Prepare the masala paste:**

1. In a blender jar, add chopped onions, tomatoes, ginger, and garlic.
2. Blend into a smooth paste without adding water. Set aside.

**Cook the base:**

1. Heat oil in a pressure cooker over medium heat.
2. Add cumin seeds and let them crackle.
3. Add the blended onion-tomato paste and sauté until the oil releases from the sides and the masala thickens.

**Add spices and vegetables:**

1. Stir in hing, red chili powder, and turmeric.
2. Add diced potatoes and green peas. Sauté for a minute.

**Cook the sabji:**

1. Add 1½ cups of water and salt to taste. Stir well.
2. Cover the pressure cooker and cook for 3-4 whistles on medium heat.
3. Let the pressure release naturally for 10 minutes before opening the lid.

**Finish and serve:**

1. Sprinkle garam masala and stir well.
2. Garnish with chopped coriander leaves.
3. Serve hot with roti, paratha, or rice.