**Capsicum Curry**

Prep time: 10 min Cook time: 20 min

**Ingredients:**

* 2 medium capsicums (bell peppers), diced
* 1 medium onion, finely chopped
* 1 medium tomato, chopped
* 2 tbsp grated coconut (fresh or desiccated)
* 1 tsp mustard seeds
* 1 tsp urad dal (black gram dal)
* 1 sprig curry leaves
* 1/2 tsp turmeric powder
* 1 tsp red chili powder
* 1/2 tsp coriander powder
* 1/2 tsp cumin powder
* 1/2 tsp garam masala (optional)
* 1 tbsp oil (coconut or sesame preferred)
* Low sodium salt to taste
* Water as needed
* Fresh coriander leaves, chopped (for garnish)

**Instructions:**

1. Heat oil in a pan. Add mustard seeds, let them splutter.
2. Add urad dal and curry leaves. Sauté until dal turns golden brown.
3. Add chopped onions, sauté until translucent.
4. Stir in chopped tomatoes and cook until soft.
5. Add diced capsicum, turmeric, red chili powder, coriander powder, and cumin powder. Stir well.
6. Cover and cook for 5-7 minutes on low heat, stirring occasionally.
7. Add grated coconut, mix well, and cook for another 2 minutes.
8. Sprinkle garam masala (if using), mix, and turn off the heat.
9. Garnish with fresh coriander leaves.
10. Pairs well with steamed rice, dosa, chapati, or millet roti.