

## Stir Fried Carrots and Green Peas (2-4 servings)

- 1 cup frozen green peas (any brand) rinsed and drained
  - 2 cups carrots, peeled and diced in small cubes
  - 1 teaspoon cumin seeds
  - ½ teaspoon **Seven Happy Seeds Pilaf Spice**
  - 1-2 Garlic cloves finely chopped
  - 1 teaspoon salt (adjust to taste)
  - 2 teaspoons dark sugar
  - 2 tablespoons Cilantro finely chopped
  - Juice of half lemon (optional)
  - 2 tablespoons cooking (preferably vegetable) oil
1. Blanch peas and carrots in boiling water for 3-4 minutes, remove from water on a strainer, and keep aside.
  2. Heat oil in a cooking pan on medium heat, add cumin seeds, and toast them lightly until they crackle, taking care to not burn them.
  3. Immediately add peas, carrots, and garlic and sauté for 3-4 minutes
  4. Add Pilaf Spice and sauté lightly for a few seconds with the vegetables until aromatic.
  5. Add salt and sugar, and cook on medium-low high heat until vegetables are fork-tender, about 5 minutes.
  6. Drizzle with lemon juice, garnish with chopped cilantro and serve with rice or any flatbread such as pita, or rotí.