



### Green Peas Masala (2-4 servings)

- One pound frozen green peas (any brand) rinsed and drained
- 4 tablespoons fresh frozen grated coconut or dry shredded unsweetened coconut
- 2-3 tablespoons of Seven Happy Seeds South Coast Spice Blend
- 10-12 Seven Happy Seeds curry leaves (also available 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 (preferably vegetable) oil
- 2 cups water

#### Shopping List:

- Frozen Green Peas
- Fresh Frozen or unsweetened dry shredded coconut
- Garlic Cloves
- Serrano Chilies
- Curry leaves
- Cilantro
- Vegetable oil

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 rice or any flatbread such as pita, or roti.