

Matar Ka Nimona Recipe – UP Style Nimona with Stored Winter Peas

Make traditional UP-style Matar Ka Nimona using peas dried and stored during winter. This comforting recipe combines peas, potatoes and simple Indian spices for a delicious meal.



Prep time
15 minutes

Cook time
25 minutes

Total time
40 minutes

Servings
4

Calories
150 kcal

Ingredients

Dried Peas	1 cup
Onion	1 small
Garlic Cloves	7-8
Green Chilies	2-3
Fresh Coriander	A little
Potato	1
Oil	4 teaspoons
Fenugreek Seeds	A little
Asafoetida (Hing)	1 pinch

Turmeric Powder	½ teaspoon
Coriander Powder	1 teaspoon
Salt	½ teaspoon or to taste
Water	1–1½ glasses

Method

1. Soak the Dried Peas

Soak the dried peas in water for 2–3 hours. Once they have softened and expanded, drain all the water and keep the peas aside.

2. Prepare the Masala Paste

Add chopped onion, garlic cloves, green chilies and fresh coriander to a mixer jar. Grind everything into a fine paste and keep it aside.

3. Coarsely Grind the Peas

Add the soaked peas to a mixer jar and grind them slightly coarse. Do not make a smooth paste. A coarse texture gives Matar Ka Nimona its traditional consistency.

4. Roast the Ground Peas

Heat 2 teaspoons of oil in a kadai. Add the coarsely ground peas and roast over low heat for 4–5 minutes. Keep stirring until the raw smell disappears and the peas become slightly brown and separate.

5. Prepare the Masala

Heat about 2 teaspoons of oil in the same kadai. Add fenugreek seeds and let them crackle. Add a pinch of asafoetida, followed by the prepared onion, garlic and green chili paste. Cook over low heat until aromatic.

6. Add the Spices

Add ½ teaspoon turmeric powder and 1 teaspoon coriander powder. Mix well and roast everything over low heat until the masala is cooked and aromatic.

7. Add the Peas and Potato

Add the roasted peas and chopped potato to the prepared masala. Mix everything well so the peas and potato are evenly coated with the spices.

8. Add Water and Salt

Pour in about 1–1½ glasses of water. Add ½ teaspoon salt, or adjust it according to your taste. Mix everything well.

9. Cook the Matar Ka Nimona

Cover the kadai and cook over low heat for 4–5 minutes. Check the potato. If it is still firm, cover again and cook for another 2–3 minutes.

10. Serve Hot

Once the potato is soft and the Matar Ka Nimona is properly cooked, turn off the heat. Serve it hot with roti, paratha, puri or rice.

Full recipe: <https://meenrazcooking.com/en/recipe/matar-ka-nimona-recipe/>

Watch the video: youtube.com/watch?v=IZW1pw4tmj4