

# Indian Masala Pasta

Yield: 3 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/spinach-with-corn-and-tomato-indian-recipe>

## Ingredients:

- 1 1/2 cups pasta
- 150 grams tomato sized, I used Roma Tomato
- 150 grams onion sized
- 1/4 cup corn fresh or frozen
- 1/4 cup green peas fresh or frozen
- 1/2 green bell pepper red/, capsicum
- 1 small carrot
- 1 tablespoon oil
- 1 teaspoon garlic paste ginger
- 1 teaspoon paprika /Indian Red Chilli Powder, adjust to taste
- 1/2 teaspoon cayenne optional; adjust to taste
- 1/2 teaspoon ground coriander /coriander powder
- 1/2 teaspoon ground cumin /cumin powder
- 1/4 teaspoon ground turmeric /Haldi/turmeric powder
- 8 curry leaves optional
- salt to taste
- 2 garam masala generous pinch, optional
- 2 tablespoons chopped cilantro
- fried egg or over easy egg, optional
- vegetables Steamed, optional

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 71 grams
3. Fat: 7 grams
4. Fiber: 7 grams
5. Protein: 13 grams
6. Sodium: 300 milligrams
7. Sugar: 8 grams

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