

# Mushroom Spinach Gravy



*Last night I made dosa, instead of doing regular chutney or sambhar. I want to do something different and tasty. When I saw mushroom and spinach in fridge, I want to try this gravy, it was in my recipe note. Gravy was Super-nutritious and it tasted great with dosa.*

## **Ingredients**

- 2/3 Cup of Mushroom( I used baby portabella)**
- 2 Cups of Spinach**
- 1 Large Size Onion**
- 2 Tbsp of Curry Powder**
- 1 and 1/2 Tsp of Ginger Garlic Paste**
- 1/2 Tsp of Turmeric Powder**
- 1/2 Tsp of Garam Masala**
- 1/4 Cup of Milk (1%)**

**2 Tbsp of Cilantro or Coriander Leaves**  
**Salt and Water as needed**

### **To Grind**

**2 Green Chillies**  
**1 Large Tomato**  
**1/4 Cup of Grated Coconut**

### **To Temper**

**2 Tbsp of Oil**  
**1 Tsp of Mustard**  
**1 Tsp of Cumin**  
**Few Curry Leaves**  
**Pinch of Asafoetida**

### **Method**

- **Wash and chop the mushroom and spinach.**



- **Take a blender and add " To Grind" ingredients and make it to a smooth paste.**



- Heat a pan with oil, add " To Temper" ingredients, one by one.
- Add chopped onion and salt, fry for 1- 2 mins until it turns golden brown color.
- Take pan away from stove, add turmeric, curry powder or kulambu Milagai podi, fry for a min.
- Keep pan back to the stove, in a medium flame, add ginger garlic paste, fry for a min until raw smell vanishes.
- Add ground paste and fry for 2 mins until oil separates.



- Add mushroom with little water, cook for 2-3 mins.
- Add chopped spinach and garam masala, cook for 1 min.
- Add milk, mix well. check the salt. Switch off the stove.

- Garnish with cilantro leaves.



### Tips

- Good accompaniment for dosa or uthappam and [paratha](#)
- You can add kulambu milagai podi instead of curry powder.
- You can add cream instead of milk for extra creaminess.

### Health Benefits of Mushroom and Spinach

#### Mushroom

- Reduces cholesterol levels
- Prevents cancers.
- Increases immunity.
- Helps in weight loss.

#### Spinach

- **Reduces blood pressure.**
- **Rich in minerals and vitamins.**
- **Good for eyesight because of beta-carotene.**
- **strengthen the muscles.**



**Sending this recipe to**

