

SAUCES & DIPS

Masala Sauce

23 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
45 min	25 min	20 min	4	\$2.16	673 kcal

If you want to add more Indian recipes to your recipe box, Masala Sauce might be a recipe you should try. For \$2.16 per serving, you get a sauce that serves 4. Watching your figure? This gluten free and lacto ovo vegetarian recipe has 673 calories, 13g of protein, and 30g of fat per serving.

Ingredients

- ☐ 1½ cups basmati rice

☐ ¼ teaspoon freshly ground black pepper

☐ 2 tablespoons ghee or canola oil

☐ ¼ teaspoon chile de arbol or cayenne powder (depending on how spicy you like it)

☐ 1 stick (3-inch) cinnamon

☐ 2 teaspoons garam masala

☐ ¾ cup heavy cream

☐ 1½ teaspoons kosher salt

☐ 2 teaspoons smoked Spanish paprika

☐ 1 red onion, cut into thin rings and soaked in ice water

☐ 1 serrano chile, finely diced

☐ 1½ tablespoons vegetable oil
- ☐ 1¼ teaspoons black mustard seeds

☐ 28 ounce plum tomatoes, pureed until smooth canned

☐ 6 cardamom pods

☐ 4 servings Chopped cilantro leaves

☐ 2 inch fresh ginger, peeled and finely grated

☐ 3 cloves garlic, finely chopped

☐ 4 servings Honey

☐ 2 teaspoons fresh lime juice

☐ ¾ cup frozen green peas

☐ 4 servings Salt and freshly ground black pepper

☐ 1 tablespoon tomato paste

☐ ½ cup water

☐ 2¼ cups simmering water

☐ ½ cup finely diced yellow onion

☐ 1 medium yellow onion, halved and thinly sliced

EQUIPMENT Sauce pan, Sieve, Dutch oven

Method

- 1 Heat the ghee in a medium Dutch oven over medium heat until it begins to shimmer.
- 2 Add the onion and cook until soft and lightly golden brown, about 10 minutes. Stir in the ginger, chile and garlic and cook for 1 minute.
- 3 Add the tomato paste, paprika, and garam masala and cook for 1 minute.
- 4 Add the tomatoes, honey, to taste, the chile de arbol or cayenne and 1/2 cup of water and cook, stirring occasionally, until slightly thickened. Season with salt and pepper, to taste.
- 5 Stir in the heavy cream, bring to a simmer and cook until the sauce thickens.
- 6 Add the chicken to the sauce and cook for a few minutes, just to heat through.
- 7 Serve over basmati rice pilaf with peas and garnish with cilantro leaves.
- 8 Put the rice in a mesh strainer and rinse with cold water several times. Set aside and let drain.
- 9 Heat the vegetable oil in a large saucepan over medium-high heat until it begins to shimmer.
- 10 Add the mustard seeds and cook until they just begin to pop, about 20 seconds.
- 11 Add the onion and saute until lightly browned, about 3 minutes.
- 12 Add the cardamom, cloves, cinnamon, rice, the simmering water, salt, pepper and lime juice, and bring to a boil.
- 13 Reduce the heat to medium, and cook until liquid is nearly absorbed, about 10 minutes Fold in the peas, then over, reduce heat to low, and cook 8 to 10 minutes longer.
- 14 Remove from the heat and let stand for 5 minutes, uncovered.
- 15 Remove and discard the cardamom, cloves, and cinnamon and fluff with a fork.
- 16 Transfer the pilaf to a serving dish and serve.
- 17 Heat the vegetable oil in a large saucepan over medium-high heat until it begins to shimmer.

- 18 Add the mustard seeds and cook until they just begin to pop, about 20 seconds.
- 19 Add onion; saute 3 minutes or until lightly browned.
- 20 Add cardamom, cloves, cinnamon, rice, the simmering water, salt and pepper and lime juice, and bring to a boil.
- 21 Reduce the heat to medium, and cook 10 minutes or until liquid is nearly absorbed. Fold in the peas. Cover, reduce heat to low, and cook 8 to minutes longer.
- 22 Remove from heat; let stand for 5 minutes uncovered.
- 23 Remove and discard cardamom, cloves, and cinnamon and fluff with a fork.

Nutrition per serving

673

KCAL

13 g

PROTEIN

30 g

FAT

92 g

CARBS

Saturated Fat	11.9 g · 74% of daily needs
Fibre	9.5 g · 38% of daily needs
Sugar	20.4 g · 23% of daily needs
Sodium	1,197 mg · 52% of daily needs
Cholesterol	50.4 mg · 17% of daily needs
Vitamin C	37 mg · 45% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/masala-sauce-144745