



Ash gourd sabji (LV)

Serving: 1

Veg

Ingredients

- Ash gourd – 1 cup
- Channa dal -1 tbsp
- Grated fresh Coconut - 1 tsp
- Tomatoes – 2 tbsp chopped
- Oil - 1 tsp
- Mustard Seeds – $\frac{1}{2}$ tsp
- Cumin seeds – $\frac{1}{2}$ tsp
- Turmeric powder - $\frac{1}{2}$ tsp
- Asafoetida - $\frac{1}{2}$ tsp
- . Green chillies, slit - 2
- Salt to taste.

Preparation Method

- Peel, core and slice ash gourd. Soak dal in water from 10-15 minutes
- Heat oil in a kadai. Add mustard and cumin seeds.
- When they splutter, add Tomatoes , turmeric powder and asafoetida.
- Add dal and $\frac{1}{2}$ a cup of water.
- Cover and keep on a very low flame till the dal is soft but not mushy.
- Add gourd pieces, salt and green chillies ($\frac{1}{4}$ cup water if required for gravy) .
- Cook till the gourd is soft .serve