



Pumpkin stir fry

Serving: 1

Veg

### *Ingredients*

- 1 cup peeled pumpkin, chopped into big chunks
- 1/2 tsp mustard seeds
- 1-2 dry red chillies, according to your taste
- 1/2 teaspoon urad dal/split black gram lentils
- Few curry leaves
- 1/4 teaspoon hing/asafetida
- 1/4 teaspoon turmeric powder
- 1 to 2 tsp jaggery (unrefined cane sugar)/coconut sugar
- Salt to taste
- 1 teaspoons cooking oil / coconut oil

### *Preparation Method*

- Heat 2 teaspoons of coconut oil in a large wok or kadai.
- Once the oil is hot, add mustard seeds. When the mustard seeds start to splutter, add red chillies (cut into 2 to 3 pieces), urad dal, hing/asafetida and curry leaves; sauté for a few seconds.
- Add the pumpkin pieces, turmeric powder, jaggery and salt to taste. Mix well.
- Close with a lid and cook on medium heat, stirring in between till slightly soft and just until tender. If you feel the vegetable is too dry, sprinkle a few spoons of water while cooking.
- Do not let the pumpkin cook too much or they will turn mushy.
- Remove from heat and serve hot with rice and dalithoy or even with any flat bread.