



Tindli Palak Subji ( LV )

Serving: 1

Veg

### *Ingredients*

- -Ivy gourd (tindli) quartered vertically- 1/2 cup
- -Spinach (palak) bunch leaves separated and blanched- 1/2 cup
- -Cumin seeds- 1/2 teaspoon
- -Ginger finely chopped- 1 inch
- -Garlic cloves-6-8
- -Green chillies finely chopped-2
- -Onion- 1 medium
- -Red chilli powder- 1/4 teaspoon
- -Turmeric powder- 1/4 teaspoon
- -Salt- to taste
- -Juice of 1/4 lemon
- -Oil- 1/2 tsp
- -Asafoetida - 1/2 tsp

### *Preparation Method*

- -Mix asafoetida in 1 tbsp water in a small bowl.
- -Heat oil in a non-stick pan, add cumin seeds, ginger, garlic and asafoetida water.
- -Add green chillies, ivy gourd and mix well.
- -Finely slice onion and add to the pan and mix. Cover and cook for 4-5 minutes, stirring occasionally.
- -Finely chop spinach and set aside.
- -Add red chilli powder, turmeric powder and salt to the pan and mix well. Cover and cook till ivy gourds are cooked.
- -Add spinach and cook further for 4-5 minutes. Add lemon juice and mix well. Transfer into a serving bowl and serve.