



Tava Roasted Pumpkin (ES) (OP I)

Serving: 1

Veg

Ingredients

- 150 gm Pumpkin
- 1 tbsp Rice or jowar flour
- 1 tbsp Red chilli powder -
- 2 tbsp Coriander powder -
- 1/4 tsp Turmeric powder -
- to taste Salt
- oil 1 tsp

Preparation Method

- Peel the pumpkin and slice them into thin slices (thinner the slice the crispier it gets). Rub some salt and set aside.
- Mix the powders - red chili, turmeric, rice flour, coriander, and salt(to taste) in a plate with 1 spoon water, mix well
- Coat the pumpkin slices on both sides with mixed powder paste. Set aside.
- Heat a non stick tawa or a heavy iron tawa on medium heat. Drizzle a few drops of oil and place the pumpkin slices on it neatly.
- Now drizzle a few drops of oil on top of the pumpkin slices and flip them over and cook till the pumpkin slices turn golden brown.
- Remove from flame and serve hot by itself or with some mint/curd chutney