



Mashed Pumpkin

Serving: 1

Veg

Ingredients

- -1 cup pumpkin, cubed
- -1 medium-sized onion, finely chopped
- -1 green chilis, chopped
- - $\frac{1}{2}$ teaspoon turmeric powder
- -Salt, to taste
- - $\frac{1}{2}$ teaspoon mustard seed
- -1 stick of curry leaves
- -1 cup water

Preparation Method

- -Heat 1 teaspoons of oil in a pan or kadhai, and temper the mustard seeds and curry leaves. Add the chopped onions and green chilies and cook for 1 minute on -medium-low heat. Add pumpkin cubes and stir well.
- -Add turmeric powder and add salt to taste. Cook it, covered, for 5 minutes. Add water and then cook it, covered, for another 10-12 minutes or until all the moisture is absorbed.
- -During this span of time, stir the pumpkin occasionally and then mash it with a ladle.
- -Serve hot