



Dudhi Tamatar Sabji (LV)

Serving: 1

Veg

Ingredients

- -Bottle gourd (lauki/doodhi) peeled, seeded cut into cubes - 1 cup
- -Tomatoes chopped 2 medium
- -Oil 1 tsp
- -Cumin seeds 1 teaspoon
- -Asafoetida $\frac{1}{4}$ teaspoon
- -Ginger finely chopped 1 inch
- -Turmeric powder $\frac{1}{4}$ teaspoon
- -Red chilli powder $\frac{3}{4}$ teaspoon
- -Salt to taste
- -Fresh mint leaves chopped 15-20

Preparation Method

- -Heat oil in a non-stick pan, add cumin seeds and saute till they turn golden.
- -Add asafoetida and ginger and saute till ginger is golden.
- -Add bottle gourd and mix well. Add turmeric powder, red chilli powder and salt and mix well. Cover and cook for 4-5 minutes.
- -Add tomatoes and mix well. Add half the mint leaves and cook till tomatoes turn pulpy.
- -Transfer into a serving bowl, garnish with the remaining mint leaves and serve hot.