



Lauki raita \$

Serving: 1

Veg

### *Ingredients*

- 1/4 cup bottle gourd grated
- Curds 100 grams
- flax seeds 1 tsp

### *Preparation Method*

- Grate the bottle gourd In a pot add water and bring it to a boil. Add grated bottle gourd in the water. Boil it in water for 3-4 mins.
- Strain the bottle gourd and cool it for some time. In a pan dry roast flax seeds. Take a bowl with some curd and add the cooled bottle gourd and flax seeds.
- Add some spices if required and mix it well and it is ready to serve.