



Pumpkin Sabji (LV)

Serving: 1

Veg

Ingredients

- -1 cup Pumpkin
- -1 Oil
- -1 Tsp Ginger, sliced
- -A pinch of Asafoetida
- -- $\frac{1}{2}$ tsp Fenugreek seeds
- -1 Tsp Salt (use sendha namak/rock salt if fasting)
- - $\frac{1}{2}$ tsp Turmeric powder
- -1 tsp Chilli powder
- -1 Tsp Coriander powder
- -1 tsp Garam masala
- - $\frac{1}{2}$ Tsp Aamchoor powder
- -1-2 Green chillies (slit)

Preparation Method

- 1. Cut the pumpkin into small pieces.
- 2. Heat the oil, add asafoetida, fenugreek seeds and cumin seeds.
- 3. When the seeds begin to splutter, add ginger.
- 4. Saute till lightly colored, add pumpkin and green chillies, stir-fry over high heat until they look glossy.
- 5. Add salt, turmeric, garam masala, coriander powder, chilli powder and sugar and mix well.
- 6. Lower the flame and let simmer covered, until cooked through, stirring 3-4 times.
- 7. Add the aamchoor, cook further for 2-3 minutes.
- 8. Garnish it with coriander leaves.
- 9. Serve sabzi hot.