



Ash gourd stir fry

Serving: 1

Veg

Ingredients

- Ash gourd – 1 cup cubed
- Garlic (Minced) – 2-3 pods
- Ginger (Chopped) – 1 teaspoon
- Cumin seeds – $\frac{1}{2}$ teaspoon
- Onion chopped – 2 tbsp
- Curry leaves – 5-7
- Chana dal – 1 tsp
- Red chilly powder – $\frac{1}{2}$ teaspoon
- Freshly grated coconut – 2 tbsp
- Coriander chopped -1 tbsp
- Sesame seeds – 1 tsp
- Salt – To taste
- Oil – 1 tsp

Preparation Method

- . Heat oil in a pan and add dry chilly, mustard seeds, cumin seeds curry leaves and channa. Saute till the channa turn brown and the spices give a nice aroma.
- Add ginger, minced garlic , onion , and sauté till the raw smell goes.
- To this add the ash gourd pieces and red chilly powder. Give a nice stir. Sprinkle some water and cover the pan with a lid. Simmer on low to medium flame for 5-8 minutes.
- Season with salt and add freshly grated coconut. Mix and cook for 2 more minutes.
- Remove from heat Garnish with coriander and sesame seeds .