**Kaddu Ki Sabzi**

Prep time: 15 Min Cook time: 15 Min

**Ingredients:**

* 1 small pumpkin (kaddu), peeled and chopped into small cubes
* ¼ tsp methi seeds (fenugreek seeds)
* 1 tsp jeera (cumin seeds)
* ½ tsp red chili powder
* ½ tsp haldi (turmeric powder)
* ¼ tsp garam masala
* 1 tsp amchur (dry mango powder)
* 1 tsp sugar
* 2 tbsp oil
* 1 cup water
* 2 tbsp chopped coriander leaves (dhaniya)
* Low sodium salt, to taste

**Instructions:**

**Prepare the Pumpkin:**

1. Rinse, peel, and chop the pumpkin into small cubes.

**Tempering:**

1. Heat oil in a 2-liter pressure cooker over low heat.
2. Add methi seeds and jeera seeds, fry for a minute until they crackle.

**Sauté the Pumpkin:**

1. Add chopped pumpkin, haldi, and red chili powder. Sauté for 2 minutes.
2. Stir in sugar and mix well.

**Pressure Cooking:**

1. Pour water and add salt. Stir well.
2. Cover the cooker with a lid and pressure cook for 7-8 minutes on medium heat.
3. Let the pressure release naturally, then open the lid.
4. Mash the cooked pumpkin slightly with a spoon.
5. Add garam masala and amchur, mix well.
6. If the sabzi is too watery, simmer without the lid for 1-2 minutes to thicken.

**Garnish & Serve:**

1. Sprinkle with fresh coriander leaves.
2. Serve hot with roti, puri, or paratha.

If cooking in a pan (instead of a pressure cooker), cover and cook on low heat for 15-20 minutes, stirring occasionally.