**Lauki Kofta Curry**

Prep time: 30 Min Cook time: 30 Min

**Ingredients:**

**For the Kofta:**

* 2 cups lauki (bottle gourd), peeled and grated
* 4 tbsp besan (gram flour)
* ¼ tsp garam masala
* ¼ tsp red chili powder
* 1 green chili, finely chopped
* Low sodium salt, to taste
* Oil for deep frying

**For the Gravy:**

* 2 large tomatoes, roughly chopped
* 1 onion, roughly chopped
* 1 tsp grated ginger
* 4 garlic cloves, roughly chopped
* 8-10 cashews, roughly chopped
* 1 tsp jeera (cumin seeds)
* ½ tsp red chili powder
* ¼ tsp haldi (turmeric) powder
* 1 tsp dhaniya (coriander) powder
* ½ tsp garam masala
* 1 cup water
* ½ tsp sugar
* Low sodium salt, as required
* 2 tbsp oil
* Chopped fresh coriander leaves for garnish

**Instructions:**

**Prepare the Kofta**

1. Squeeze the grated lauki well to remove excess water. Reserve the squeezed juice for later.
2. In a bowl, mix squeezed lauki, besan, garam masala, red chili powder, green chili, and salt.
3. Shape the mixture into small round balls.
4. Heat oil in a kadai or frying pan.
5. Fry the koftas on medium heat until golden brown and crispy on all sides.
6. Drain the fried koftas on a paper towel to remove excess oil.

**Prepare the Gravy**

1. Blend tomatoes, onion, ginger, garlic, and cashews into a smooth paste.
2. Heat 2 tbsp oil in a pan and add jeera seeds. Let them splutter.
3. Add the blended paste and sauté on medium-low heat for 8-10 minutes, stirring frequently, until oil starts separating from the sides.
4. Add red chili powder, haldi, dhaniya powder, and salt, and mix well.
5. Pour in the reserved lauki juice, sugar, and 1 cup water.
6. Stir and simmer for 10-12 minutes until the gravy thickens slightly.

**Assemble & Serve**

1. Gently add the fried koftas into the simmering gravy.
2. Turn off the heat, cover the pan, and let the koftas soak up the flavors for a few minutes.
3. Garnish with chopped fresh coriander leaves.
4. Serve hot with roti, naan, or steamed rice.