**Lauki ki Sabzi**

Prep time: 10 Min Cook time: 15 Min

**Ingredients:**

* 3 cups chopped bottle gourd (lauki/ghiya)
* ½ cup finely chopped onions
* 1 cup finely chopped tomatoes
* 1 green chili, chopped
* 1 tsp finely chopped ginger
* ½ tsp haldi (turmeric) powder
* ½ tsp red chili powder
* 1 tsp dhaniya (coriander) powder
* 2 tbsp oil
* 1 tsp jeera (cumin seeds)
* 1 cup water
* Low sodium salt, as required
* ½ tsp garam masala powder
* 2 tbsp chopped coriander leaves (dhaniya)

**Instructions:**

**Prepare the Lauki:**

1. Rinse, peel, and chop the lauki into small pieces. Keep aside.

**Tempering & Sautéing:**

1. Heat oil in a pressure cooker over medium heat.
2. Add jeera seeds and let them crackle.
3. Add chopped onions and sauté until translucent.
4. Stir in ginger and green chili, mix well.
5. Add chopped tomatoes, cook until soft and oil starts to separate.

**Spices & Lauki:**

1. Add haldi powder, red chili powder, and dhaniya powder.
2. Stir well and cook for 1 minute.
3. Add chopped lauki and sauté for 1 minute.

**Pressure Cooking:**

1. Add salt and 1 cup water, mix well.
2. Cover with the lid and pressure cook for 3-4 whistles on medium heat until lauki is soft.
3. Let the pressure release naturally, then open the lid.
4. If the sabzi is watery, simmer uncovered to adjust consistency.

**Garnish & Serve:**

1. Add garam masala and chopped coriander leaves, mix well.
2. Enjoy hot with roti, rice, or dal.