**Parwal Ka Chokha**

Prep time: 15 min Cook time: 10 min

**Ingredients:**

* 3–4 parwal (pointed gourd), boiled or roasted
* 1 green chili, ½ tsp mustard oil
* Salt, lemon juice
* Chopped coriander

**Instructions:**

1. Roast or boil parwal; peel and mash.
2. Mix with chili, oil, salt, lemon juice.
3. Garnish with coriander and serve with litti or dal.