**Tinda ki Sabzi**

Prep time: 5 Min Cook time: 15 Min

**Ingredients:**

* 8 tinda (Indian round gourd), peeled, sliced, and hard seeds removed
* 1 onion, finely chopped
* 4 cloves garlic, minced
* 1 tomato, chopped
* 2 tablespoons tomato puree
* ½ teaspoon coriander powder (dhania powder)
* ½ teaspoon cumin powder (jeera powder)
* 1 teaspoon cumin seeds (jeera)
* 1 teaspoon garam masala powder
* ¼ teaspoon turmeric powder (haldi)
* 1 teaspoon red chili powder
* 1 tablespoon oil
* ¼ teaspoon asafoetida (hing)
* Low sodium salt, to taste

**Instructions:**

1. In a heavy-bottomed pan, heat the oil over medium heat.
2. Add the cumin seeds and let them crackle. Then add the minced garlic and chopped onion. Sauté until the onion becomes translucent.
3. Once the onion is ready, add the chopped tomato, sliced tinda, tomato puree, turmeric powder, red chili powder, salt, and asafoetida. Stir well to combine.
4. Cover the pan and cook until the tinda becomes soft, stirring occasionally. If needed, add a little water to prevent sticking.
5. When the tinda is nearly cooked, sprinkle cumin powder, coriander powder, and garam masala. Stir and cook for about 2 more minutes.
6. Turn off the heat and garnish with chopped coriander leaves.
7. Serve warm with roti or steamed rice and dal.